**Calmness Triad**

Colour/Mark each area when your dog is engaging in each section of the triad in a day. Do this for 2-3 days a week and track the progress!

**PASSIVE CALMING ACTIVITIES**

**CALMNESS PROTOCOL**

**REST**

Note down the time spent in each section as it coincides with the circle above

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Passive Calming Activities | Time Spent | Active Rest | Time Spent | Calmness Protocol | Time Spent |
|  |  |  |  |  |  |
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**Calmness Journal**

|  |  |
| --- | --- |
| 7:00 | 19:00 |
| 8:00 | **20:00** |
| 9:00 | **21:00** |
| 10:00 | **22:00** |
| 11:00 | **23:00** |
| 12:00 | **00:00** |
| 13:00 | **01:00** |
| 14:00 | **02:00** |
| 15:00 | **03:00** |
| 16:00 | **04:00** |
| 17:00 | **05:00** |
| 18:00 | **06:00** |

|  |  |  |
| --- | --- | --- |
|  | TIME SPENT TOTAL | TIME SPENT % |
| HIGH ENERGY |  |  |
| MEDIUM ENERGY |  |  |
| LOW ENERGY |  |  |