

As you advance through these recommended areas of focus during behavior modification training each week, be sure to preserve previously trained areas of focus. For example, on week three pertaining to reducing drama when leaving the house; ensure that you remain positive (learned in week one) and reward calm behavior (learned in week two).

- 01 WEEK 1 FOCUS: Be Positive.** Reward your dog for positive behaviors to encourage them to do those behaviors in the future. Don't reprimand bad behaviors as it may confuse the dog or cause more anxiety.
- 02 WEEK 2 FOCUS: Only Reward Calm Behavior.** Ignore attention-seeking behaviors and spend time with your dog when he/she is calm. Utilize daily walks and play time to engage and reward him/her.
- 03 WEEK 3 FOCUS: No More Drama When You Come and Go.** Train your dog to remain calm when you come or go from home. Be sure to provide a favorite toy or treat before you leave.
- 04 WEEK 4 FOCUS: Develop Your Dog's Independence.** Teach your dog to be calm and relaxed in a "safe place" at the house. Be sure to reward your dog with treats or attention when he/she is relaxed.

WEEK: _____ AREA OF FOCUS: _____

Rank your dog's behavior on a scale of 1 to 5 with "1" being desirable behavior and "5" being completely undesirable behavior. In the adjacent column, check the box if training was performed.

Days	Training? (Mark with an "x" if training occurred that day)	Destructive Behavior	Excessive Barking or Whining	Inappropriate Elimination or Urination	Excessive Salivation	Other
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						

It's important to know that some dogs may show improvement within 1 to 2 weeks of starting treatment and training, however others may take as long as 8 weeks to show improvement. Your veterinarian will monitor progress - with the help of this journal - and discuss alternate treatment plans if no improvement is noted.

Important Safety Information: The most common adverse events reported in decreasing order of reported frequency are: decreased appetite, depression/lethargy, shaking/shivering/tremor, vomiting, restlessness and anxiety, seizures, aggression, diarrhea, dilated pupils, vocalization, weight loss, panting, confusion, incoordination, and excessive salivation. Reconcile chewable tablets are contraindicated for dogs with a history of seizures or when used with drugs that may cause seizures. Consult your veterinarian for complete safety information or see package insert.