

# Dog Walking Log Template

Dog's Name: \_\_\_\_\_ Owner: \_\_\_\_\_

Week of: \_\_\_\_\_ Goal Walking Time: \_\_\_\_\_ minutes/day

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**Monday,** \_\_\_\_\_

 **Weather:** ☐ Sunny ☐ Cloudy ☐ Rainy ☐ Snowy **Temperature:** \_\_\_\_\_ °F

## Walk #1

- **Time:** \_\_\_\_\_ AM/PM
- **Duration:** \_\_\_\_\_ minutes
- **Route/Location:** \_\_\_\_\_
- **Energy Level (1-5):** ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- **Behavior Notes:** \_\_\_\_\_
- **Any Issues:** ☐ None ☐ Pulling ☐ Distracted ☐ Tired ☐ Other: \_\_\_\_\_

## Walk #2

- **Time:** \_\_\_\_\_ AM/PM
- **Duration:** \_\_\_\_\_ minutes
- **Route/Location:** \_\_\_\_\_
- **Energy Level (1-5):** ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- **Behavior Notes:** \_\_\_\_\_
- **Any Issues:** ☐ None ☐ Pulling ☐ Distracted ☐ Tired ☐ Other: \_\_\_\_\_

**Daily Total:** \_\_\_\_\_ minutes

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**Tuesday,** \_\_\_\_\_

 **Weather:** ☐ Sunny ☐ Cloudy ☐ Rainy ☐ Snowy **Temperature:** \_\_\_\_\_ °F

## Walk #1

- **Time:** \_\_\_\_\_ AM/PM
- **Duration:** \_\_\_\_\_ minutes
- **Route/Location:** \_\_\_\_\_

- **Energy Level (1-5):** ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- **Behavior Notes:** \_\_\_\_\_
- **Any Issues:** ☐ None ☐ Pulling ☐ Distracted ☐ Tired ☐ Other: \_\_\_\_\_

## Walk #2

- **Time:** \_\_\_\_\_ AM/PM
- **Duration:** \_\_\_\_\_ minutes
- **Route/Location:** \_\_\_\_\_
- **Energy Level (1-5):** ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- **Behavior Notes:** \_\_\_\_\_
- **Any Issues:** ☐ None ☐ Pulling ☐ Distracted ☐ Tired ☐ Other: \_\_\_\_\_

**Daily Total:** \_\_\_\_\_ minutes

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**Wednesday, \_\_\_\_\_**



**Weather:** ☐ Sunny ☐ Cloudy ☐ Rainy ☐ Snowy **Temperature:** \_\_\_\_\_ °F

## Walk #1

- **Time:** \_\_\_\_\_ AM/PM
- **Duration:** \_\_\_\_\_ minutes
- **Route/Location:** \_\_\_\_\_
- **Energy Level (1-5):** ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- **Behavior Notes:** \_\_\_\_\_
- **Any Issues:** ☐ None ☐ Pulling ☐ Distracted ☐ Tired ☐ Other: \_\_\_\_\_

## Walk #2

- **Time:** \_\_\_\_\_ AM/PM
- **Duration:** \_\_\_\_\_ minutes
- **Route/Location:** \_\_\_\_\_
- **Energy Level (1-5):** ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- **Behavior Notes:** \_\_\_\_\_
- **Any Issues:** ☐ None ☐ Pulling ☐ Distracted ☐ Tired ☐ Other: \_\_\_\_\_

**Daily Total:** \_\_\_\_\_ minutes

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**Thursday, \_\_\_\_\_**

 **Weather:** ☐ Sunny ☐ Cloudy ☐ Rainy ☐ Snowy **Temperature:** \_\_\_\_°F

**Walk #1**

- **Time:** \_\_\_\_ AM/PM
- **Duration:** \_\_\_\_ minutes
- **Route/Location:** \_\_\_\_\_
- **Energy Level (1-5):** ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- **Behavior Notes:** \_\_\_\_\_
- **Any Issues:** ☐ None ☐ Pulling ☐ Distracted ☐ Tired ☐ Other: \_\_\_\_\_

**Walk #2**

- **Time:** \_\_\_\_ AM/PM
- **Duration:** \_\_\_\_ minutes
- **Route/Location:** \_\_\_\_\_
- **Energy Level (1-5):** ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- **Behavior Notes:** \_\_\_\_\_
- **Any Issues:** ☐ None ☐ Pulling ☐ Distracted ☐ Tired ☐ Other: \_\_\_\_\_

**Daily Total:** \_\_\_\_ minutes

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**Friday, \_\_\_\_\_**

 **Weather:** ☐ Sunny ☐ Cloudy ☐ Rainy ☐ Snowy **Temperature:** \_\_\_\_°F

**Walk #1**

- **Time:** \_\_\_\_ AM/PM
- **Duration:** \_\_\_\_ minutes
- **Route/Location:** \_\_\_\_\_
- **Energy Level (1-5):** ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- **Behavior Notes:** \_\_\_\_\_
- **Any Issues:** ☐ None ☐ Pulling ☐ Distracted ☐ Tired ☐ Other: \_\_\_\_\_

## Walk #2

- **Time:** \_\_\_\_ AM/PM
- **Duration:** \_\_\_\_ minutes
- **Route/Location:** \_\_\_\_\_
- **Energy Level (1-5):** ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- **Behavior Notes:** \_\_\_\_\_
- **Any Issues:** ☐ None ☐ Pulling ☐ Distracted ☐ Tired ☐ Other: \_\_\_\_\_

**Daily Total:** \_\_\_\_ minutes

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**Saturday,** \_\_\_\_\_

 **Weather:** ☐ Sunny ☐ Cloudy ☐ Rainy ☐ Snowy **Temperature:** \_\_\_\_ °F

## Walk #1

- **Time:** \_\_\_\_ AM/PM
- **Duration:** \_\_\_\_ minutes
- **Route/Location:** \_\_\_\_\_
- **Energy Level (1-5):** ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- **Behavior Notes:** \_\_\_\_\_
- **Any Issues:** ☐ None ☐ Pulling ☐ Distracted ☐ Tired ☐ Other: \_\_\_\_\_

## Walk #2

- **Time:** \_\_\_\_ AM/PM
- **Duration:** \_\_\_\_ minutes
- **Route/Location:** \_\_\_\_\_
- **Energy Level (1-5):** ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- **Behavior Notes:** \_\_\_\_\_
- **Any Issues:** ☐ None ☐ Pulling ☐ Distracted ☐ Tired ☐ Other: \_\_\_\_\_

**Daily Total:** \_\_\_\_ minutes

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**Sunday,** \_\_\_\_\_

 **Weather:** ☐ Sunny ☐ Cloudy ☐ Rainy ☐ Snowy **Temperature:** \_\_\_\_ °F

## Walk #1

- **Time:** \_\_\_\_ AM/PM
- **Duration:** \_\_\_\_ minutes
- **Route/Location:** \_\_\_\_\_
- **Energy Level (1-5):** ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- **Behavior Notes:** \_\_\_\_\_
- **Any Issues:** ☐ None ☐ Pulling ☐ Distracted ☐ Tired ☐ Other: \_\_\_\_\_

## Walk #2

- **Time:** \_\_\_\_ AM/PM
- **Duration:** \_\_\_\_ minutes
- **Route/Location:** \_\_\_\_\_
- **Energy Level (1-5):** ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- **Behavior Notes:** \_\_\_\_\_
- **Any Issues:** ☐ None ☐ Pulling ☐ Distracted ☐ Tired ☐ Other: \_\_\_\_\_

**Daily Total:** \_\_\_\_ minutes

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## Weekly Summary

**Total Walking Time:** \_\_\_\_ minutes (**Goal:** \_\_\_\_ minutes)

**Most Successful Day:** \_\_\_\_\_

**Biggest Challenge:** \_\_\_\_\_

**Energy Level Trends:** \_\_\_\_\_

**Weather Impact:** \_\_\_\_\_

**Route Preferences:** \_\_\_\_\_



## Next Week's Goals

**Adjustments Needed:** ☐ Increase duration by \_\_\_\_ minutes ☐ Decrease duration by \_\_\_\_ minutes ☐ Try new routes ☐ Address behavioral issues: \_\_\_\_\_ ☐ Adjust timing ☐ Other: \_\_\_\_\_

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**Notes for Owner/Vet:**

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💡 **Quick Reference:**

- **Energy Level 1:** Very tired, reluctant to walk
- **Energy Level 2:** Low energy, slower pace
- **Energy Level 3:** Normal, comfortable pace
- **Energy Level 4:** High energy, eager and alert
- **Energy Level 5:** Extremely energetic, could walk longer

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