

Dog Body Language Observation Sheet

Track stress signals before choosing training advice or increasing pressure.

General education only. This printable does not replace advice from a licensed veterinarian.

Context

- Date and time:
- Location:
- People, dogs, or triggers present:
- Distance from trigger:
- Leash, crate, barrier, or free movement:

Signals observed

- Mouth: closed mouth, panting, lip lick, yawn, growl.
- Eyes and head: whale eye, stare, look away, head turn.
- Body: stiff, low, leaning away, tucked tail, raised hackles.
- Movement: freezing, pacing, retreating, jumping, lunging.

What changed

- Increased distance?
- Offered food or play?
- Stopped interaction?
- Moved to a quiet area?
- Did the dog recover within a few minutes?

Safety boundary

- Do not punish warning signals. If signals escalate, bites have occurred, or behavior changes suddenly, involve a veterinarian or qualified behavior professional.