

Puppy Development & Socialization Journal (Weeks 8–52)

Weeks 8–12 – Early Socialization & Adjustment

Developmental Notes: During weeks 8–12, your puppy is newly adjusting to life in your home and is in a critical developmental stage for socialization (up to ~16 weeks of age). Every experience in this period can make a lasting impression – early experiences actively shape future behavior, either building good habits or creating patterns you'll have to change later. Focus on calm, positive exposure to new people, places, and stimuli, avoiding overstimulation or rough interactions. For example, resist encouraging jumping or mouthing during greetings, as this can inadvertently teach unwanted behaviors. Many puppies go through a brief *first fear period* around 8–11 weeks old [akc.org](https://www.akc.org), so if your pup seems suddenly wary or timid, be patient and gentle. Rely on mentorship and routine to guide them: at this age puppies don't understand subtle cues yet, so clear, consistent communication and a stable daily structure help them feel secure. If you have children in the family, supervise all puppy-kid interactions closely and teach kids to be calm and gentle – establishing those respectful habits now will benefit everyone.

Week 8

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., vet clinic, park, store)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., first night without accident)

- Health event (e.g., first vaccination, vet check-up)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 9

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., vet clinic, park, store)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., first night without accident)
- Health event (e.g., vaccination, vet check-up)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5

- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 10

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., vet clinic, park, store)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., first night without accident)
- Health event (e.g., vaccination, vet check-up)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 11

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., vet clinic, park, store)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., first night without accident)
- Health event (e.g., vaccination, vet check-up)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 12

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., vet clinic, park, store)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., first night without accident)
- Health event (e.g., vaccination, vet check-up)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: [] 1 [] 2 [] 3 [] 4 [] 5
- Calmness: [] 1 [] 2 [] 3 [] 4 [] 5
- Confidence: [] 1 [] 2 [] 3 [] 4 [] 5
- Recovery from stress: [] 1 [] 2 [] 3 [] 4 [] 5

Weeks 13–16 – Ongoing Socialization & Confidence Building

Developmental Notes: During weeks 13–16, your puppy is at the tail end of the critical socialization window and likely growing bolder and more curious each day. Continue to provide varied positive experiences to build their confidence, but remain mindful of guidance – they still depend on you to set the tone and offer reassurance in new situations. This period often marks the beginning of teething: around 3–4 months old, puppies start losing baby teeth and chewing more to soothe their gums. You may see a spike in nipping or mouthing behavior now, driven by oral discomfort rather than misbehavior; respond with patience and redirect them to appropriate chew toys consistently. By 16 weeks, many puppies have completed their initial vaccination series, allowing safer outings – use this opportunity to gently socialize in new environments (like puppy classes or parks) while keeping encounters controlled and positive. Through these weeks, maintain the calm mentorship approach: encourage good manners (rewarding calm greetings, gentle play) and continue to prevent or gently correct unwanted behaviors, helping your pup transition smoothly into the next stage of development.

Week 13

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., training class, park, store)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., first baby tooth lost)
- Health event (e.g., vaccine booster, vet check-up)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 14

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., training class, park, store)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., first baby tooth lost)
- Health event (e.g., vaccine booster, vet check-up)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 15

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)

- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., training class, park, store)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., first baby tooth lost)
- Health event (e.g., vaccine booster, vet check-up)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 16

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., training class, park, store)
- Heard/seen a new object or loud sound (describe: _____)

- Notable developmental milestone (e.g., first baby tooth lost)
- Health event (e.g., vaccine booster, vet check-up)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Weeks 17–24 – Juvenile Stage & Teething

Developmental Notes: During weeks 17–24 (about 4–6 months old), your puppy is transitioning from the early puppy stage toward adolescence. The most intense teething phase usually occurs now – puppies lose their baby teeth and adult teeth come in, with peak teething discomfort often around 4–5 months of age. You might even find tiny teeth that have fallen out, and your pup will chew vigorously to relieve their sore gums. By around 6 months, most pups have all their adult teeth and the urge to chew constantly will start to decrease. Although the critical socialization window has passed, remember that social learning continues: keep introducing your pup to new people, places, and challenges in a positive way (socialization is an ongoing process, not something that stops at 16 weeks). At this stage, puppies may also test boundaries more as their confidence grows – you might notice them trying more independent behavior or occasionally “forgetting” some rules. Stay consistent with the Just Behaving framework: continue proactive guidance and structured play/training sessions to channel their energy. With calm, consistent mentorship, your pup will keep building self-control and resilience as they move through this transitional phase.

Week 17

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog’s Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., busy street, store, friend's home)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., several baby teeth lost)
- Health event (e.g., rabies vaccination, weight change)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 18

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)

- Visited a new environment (e.g., busy street, store, friend's home)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., several baby teeth lost)
- Health event (e.g., rabies vaccination, weight change)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 19

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., busy street, store, friend's home)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., several baby teeth lost)
- Health event (e.g., rabies vaccination, weight change)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 20

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., busy street, store, friend's home)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., nearly all baby teeth lost)
- Health event (e.g., spay/neuter consultation, weight change)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 21

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., busy street, store, friend's home)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., nearly all baby teeth lost)
- Health event (e.g., spay/neuter consultation, weight change)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 22

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., busy street, store, friend's home)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., all adult teeth in)
- Health event (e.g., spay/neuter, first heat cycle)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 23

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)

- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., busy street, store, friend's home)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., all adult teeth in)
- Health event (e.g., spay/neuter, first heat cycle)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 24

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., busy street, store, friend's home)
- Heard/seen a new object or loud sound (describe: _____)

- Notable developmental milestone (e.g., all adult teeth in)
- Health event (e.g., spay/neuter, first heat cycle)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Weeks 25–36 – Early Adolescence

Developmental Notes: During weeks 25–36 (approximately 6–9 months old), your puppy enters early adolescence. At this age, you may see a mix of mature behavior and occasional regression into puppy antics as they test their independence. It's not unusual for puppies in this phase to hit a secondary "*fear period*" or suddenly become cautious of new things, even if they were confident before. This can catch owners off guard because a 7- or 8-month-old dog looks quite grown up, but remember they are still emotionally developing akc.org. If your pup shows new fears or anxiety now, stay patient and consistent – continue gentle exposures and reinforce training basics rather than forcing interactions or using harsh corrections. Adolescence can also bring more *boundary-testing*: your pup might "forget" cues they've learned or push limits to see what they can get away with. Maintain the structured leadership of the mentorship model: stay calm and firm with your rules, and prevent opportunities for bad habits (just as you did when they were younger). Many dogs reach sexual maturity in this window, which can bring additional changes (for example, males may begin marking territory and females might experience their first heat cycle) – be mindful of these health milestones and adjust management as needed. Overall, keep up with regular exercise, training, and supervised social interactions to guide your teenage pup toward balanced adult behavior.

Week 25

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., crowded event, daycare trial)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., signs of adolescence like marking)
- Health event (e.g., spay/neuter, first heat cycle)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 26

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)

- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., crowded event, daycare trial)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., signs of adolescence like marking)
- Health event (e.g., spay/neuter, first heat cycle)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 27

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., crowded event, daycare trial)
- Heard/seen a new object or loud sound (describe: _____)

- Notable developmental milestone (e.g., increased independence)
- Health event (e.g., spay/neuter, first heat cycle)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 28

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., crowded event, daycare trial)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., increased independence)
- Health event (e.g., spay/neuter, first heat cycle)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5

- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 29

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., crowded event, daycare trial)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., improved self-control in public)
- Health event (e.g., spay/neuter, first heat cycle)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 30

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: (e.g., interactions with mentor dogs or guided training moments)

Notable Behaviors / Progress: (improvements in skills, social behaviors, etc.)

Challenges / Stressors & Dog's Responses: (difficult situations and how the puppy reacted)

Health / Nutrition Notes: (feeding changes, vet visits, growth updates)

Exposure & Milestone Checklist: (mark all that occurred this week)

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., crowded event, daycare trial)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., improved self-control in public)
- Health event (e.g., spay/neuter, first heat cycle)
- Other: _____

Behavior/Emotional Ratings (1–5): (circle or mark a rating for each)

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 31

New Experiences This Week: (e.g., new places, people, animals encountered)

Mentorship Activities Observed: (e.g., interactions with mentor dogs or guided training moments)

Notable Behaviors / Progress: (improvements in skills, social behaviors, etc.)

Challenges / Stressors & Dog's Responses: (difficult situations and how the puppy reacted)

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., crowded event, daycare trial)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., calmer alone time)
- Health event (e.g., post-surgery recovery, hormonal changes)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 32

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)

- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., crowded event, daycare trial)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., calmer alone time)
- Health event (e.g., post-surgery recovery, hormonal changes)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 33

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., crowded event, daycare trial)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., more responsive to commands)
- Health event (e.g., post-surgery recovery, hormonal changes)

- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 34

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., crowded event, daycare trial)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., more responsive to commands)
- Health event (e.g., post-surgery recovery, hormonal changes)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5

- Recovery from stress: []1 []2 []3 []4 []5

Week 35

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., crowded event, daycare trial)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., calmer around distractions)
- Health event (e.g., post-surgery recovery, hormonal changes)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 36

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., crowded event, daycare trial)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., calmer around distractions)
- Health event (e.g., post-surgery recovery, hormonal changes)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Weeks 37–52 – Continued Adolescence & Maturing

Developmental Notes: During weeks 37–52 (roughly 9–12 months old), your dog is in late adolescence, gradually nearing adulthood. You may observe your pup becoming more settled in some ways – they have better impulse control now than they did as a younger puppy – yet they can still be goofy, distractible, or test limits at times. Some dogs may experience lingering fear or uncertainty during this stage (the secondary fear phase can occur anytime up to ~14 months) [akc.org](https://www.akc.org), so continue to handle any wary reactions with calm reassurance and positive reinforcement. By now, your consistent mentorship is paying off: your pup has a solid foundation of understanding and often anticipates your cues and expectations with minimal prompting. They are more capable of smoothly shifting between energetic play and calm relaxation, showing the emotional balance you've been cultivating. As the first year comes to a close, keep reinforcing

good behaviors and providing structured outlets for their energy. Your young dog is on the path to becoming a well-mannered adult – this final stretch of guided socialization and training will help ensure those adolescent lessons solidify into lifelong habits.

Week 37

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., off-leash park, hiking trail)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., remained calm in busy place)
- Health event (e.g., annual vet check-up, diet change)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 38

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., off-leash park, hiking trail)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., remained calm in busy place)
- Health event (e.g., annual vet check-up, diet change)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 39

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., off-leash park, hiking trail)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., remained calm in busy place)
- Health event (e.g., annual vet check-up, diet change)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 40

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)

- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., off-leash park, hiking trail)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., handled overnight trip calmly)
- Health event (e.g., annual vet check-up, diet change)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 41

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., off-leash park, hiking trail)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., handled overnight trip calmly)
- Health event (e.g., annual vet check-up, diet change)

- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 42

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., off-leash park, hiking trail)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., confident with stranger greetings)
- Health event (e.g., annual vet check-up, diet change)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5

- Recovery from stress: []1 []2 []3 []4 []5

Week 43

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., off-leash park, hiking trail)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., confident with stranger greetings)
- Health event (e.g., annual vet check-up, diet change)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 44

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., off-leash park, hiking trail)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., reliable off-leash recall)
- Health event (e.g., annual vet check-up, diet change)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 45

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., off-leash park, hiking trail)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., reliable off-leash recall)
- Health event (e.g., annual vet check-up, diet change)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 46

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., off-leash park, hiking trail)

- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., confident in new environments)
- Health event (e.g., annual vet check-up, diet change)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 47

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., off-leash park, hiking trail)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., confident in new environments)
- Health event (e.g., annual vet check-up, diet change)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 48

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., off-leash park, hiking trail)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., calm demeanor at family events)
- Health event (e.g., annual vet check-up, diet change)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 49

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., off-leash park, hiking trail)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., calm demeanor at family events)
- Health event (e.g., annual vet check-up, diet change)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 50

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., off-leash park, hiking trail)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., confident in new environments)
- Health event (e.g., annual vet check-up, diet change)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 51

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)

- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., off-leash park, hiking trail)
- Heard/seen a new object or loud sound (describe: _____)
- Notable developmental milestone (e.g., confident in new environments)
- Health event (e.g., annual vet check-up, diet change)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5

Week 52

New Experiences This Week: *(e.g., new places, people, animals encountered)*

Mentorship Activities Observed: *(e.g., interactions with mentor dogs or guided training moments)*

Notable Behaviors / Progress: *(improvements in skills, social behaviors, etc.)*

Challenges / Stressors & Dog's Responses: *(difficult situations and how the puppy reacted)*

Health / Nutrition Notes: *(feeding changes, vet visits, growth updates)*

Exposure & Milestone Checklist: *(mark all that occurred this week)*

- Met new adult(s) (describe: _____)
- Met child(ren) (describe: _____)
- Met unfamiliar dog(s) (describe: _____)
- Encountered other animal(s) (describe: _____)
- Visited a new environment (e.g., off-leash park, hiking trail)
- Heard/seen a new object or loud sound (describe: _____)

- Notable developmental milestone (e.g., celebrated 1st birthday calmly)
- Health event (e.g., final puppy booster, diet change)
- Other: _____

Behavior/Emotional Ratings (1–5): *(circle or mark a rating for each)*

- Arousal: []1 []2 []3 []4 []5
- Calmness: []1 []2 []3 []4 []5
- Confidence: []1 []2 []3 []4 []5
- Recovery from stress: []1 []2 []3 []4 []5