

# Longitudinal Behavior Tracking Template (Just Behaving Mentorship Model)

This template is designed for **longitudinal tracking of canine behavior** in a mentorship-based training model, as advocated by the *Just Behaving* framework. It enables mentors, DACVB residents, and canine behavior researchers to log observations flexibly (event-based, daily, or weekly) while maintaining a structured format. The focus is on capturing the context of each observation, the dog's emotional/behavioral state, any mentor interventions, and how quickly the dog returns to a calm baseline. All fields are editable to accommodate real-world variability, but the core structure and formulas ensure consistency for analysis.

## Template Overview and Usage

**Purpose:** Track a dog's behavior over time in various contexts to monitor development, identify patterns, and inform mentorship strategies. The template supports the *Just Behaving* philosophy by emphasizing calm behavior, proactive guidance, and positive mentorship. By logging events and reviewing summary statistics, mentors can adjust their approach to foster a **stable, balanced companion** through *structured companionship and calm guidance*.

**Logging Frequency:** Use the template in whatever way fits your project – log **each significant event** (e.g. training sessions, social encounters), **daily summaries** (overview of each day's notable behavior), or **weekly summaries** (highlighting key points of the week). The columns and formulas are designed to handle any frequency:

- *Event-based logging:* Enter a new row for each noteworthy incident or training event.
- *Daily logging:* Enter one row per day summarizing that day's predominant behaviors and any incidents.
- *Weekly logging:* Enter one row per week with an overview of the dog's behavior that week.

Regardless of frequency, ensure the **Date/Age** column reflects the time period of the entry (specific date or week) so the summary sheet can categorize it properly. Consistent logging (e.g. same day each week for weekly logs, or every day for daily logs) will yield the most useful summary data.

**General Instructions:** Each row in the **Behavior Log** sheet represents one observation entry. Fill in all columns for that entry. Use the dropdowns and suggested

formats where provided, but feel free to customize text fields as needed for accuracy. Below is a detailed breakdown of the columns and a sample of how to fill them out.

### Sheet 1: Behavior Log (Data Entry)

This first sheet is where you **record each observation**. All fields are editable. The columns included (with their intended content) are:

- **Date / Age of Dog:** (*Free text or date*) – Record the date of the observation, the puppy’s age at that time, or both. For example, you might enter a date (2025-03-01) or age (16 weeks), or combine them (2025-03-01 (16 wks)). Use a format that is consistent for your project. If using actual dates, the template can calculate week-by-week stats automatically. If only ages in weeks are used, ensure they are consistent (e.g. “16 wks”, “17 wks”) for summary formulas to recognize them.
- **Environment / Context:** (*Free text*) – Note the setting of the observation. Examples: *home, vet clinic, training class, neighborhood walk, dog park*. This gives context to the behavior (a core aspect of the mentorship model is observing behavior in varied environments). Be specific if helpful (e.g. “home – living room with family present” or “vet clinic waiting room”).
- **Notable Behaviors Observed:** (*Dropdown selection*) – Choose the **primary behavior or emotional state** observed from a list of high-level categories aligned with *Just Behaving* terminology. The default categories include: **Calm, Moderate Excitement, High Arousal, Anxious, Fearful, Social, Focused, Startled**, and **Avoidant**. Select the one that best describes the dog’s state for this entry. If multiple notable behaviors occur in one event, you may select the most significant one and elaborate in the Notes. (*The dropdown list can be customized if needed, but using consistent categories ensures accurate summary statistics.*)
- **Intervention Used (if any):** (*Free text or dropdown*) – Record any **mentorship intervention or guidance** provided by the handler/mentor during the event, if applicable. Examples: *None (no intervention needed), Verbal calming cue, Leash guidance to redirect, Treats given for distraction, Removed from situation*, etc. This field captures how the mentor responded. You may keep it free-form to describe precisely, or set up a dropdown with common interventions. Consistency in terms (e.g. always use “Verbal cue” vs “Spoken command”) will help if you plan to summarize types of interventions later.
- **Recovery Time:** (*Numeric, in seconds or minutes*) – If the dog became stressed, excited, or startled, log how quickly they **recovered back to a calm or baseline state**. Use seconds or minutes as appropriate (e.g. *5 seconds, 2 minutes*). If no

notable recovery period is needed (e.g. the dog remained calm or the behavior was ongoing), you can enter “N/A” or leave this blank. This metric is crucial in the mentorship model to gauge resilience and the effectiveness of interventions – shorter recovery times over weeks may indicate growing confidence and stability.

- **Notes / Comments:** (*Free text*) – Provide **detailed qualitative notes** about the observation. Include specifics such as what exactly the dog did, triggers that led to the behavior, body language observed, and how the dog responded to any intervention. This section allows mentors to record context beyond the high-level category – for example, “*met 2 new adults calmly, slight startle at loud noise, recovered quickly*” or “*showed avoidance by hiding behind owner when another dog approached*”. These comments enrich the data for later review and ensure nothing important is lost in summary.

**Sample Data Entry Rows:** Below is an example of how to enter data into the Behavior Log. These sample rows illustrate various scenarios and how to use the columns (the data is fictional and for demonstration):

Date / Age of Dog	Environment / Context	Notable Behaviors Observed	Intervention Used	Recovery Time	Notes / Comments
2025-03-01 (16 wks old)	Home (living room)	Calm	None	5 seconds	Met 2 new adults calmly. <b>Startled</b> briefly at a loud noise from kitchen, but recovered within 5 seconds. Overall remained friendly and relaxed.
2025-03-08 (17 wks old)	Neighborhood walk	Focused	Verbal cue ("Leave it")	N/A	Saw a squirrel and became alert but stayed <b>focused</b> after a quick "leave it" cue. No loss of composure, continued walking calmly.
2025-03-10 (17	Dog park	High Arousal	Removed to quiet area	2 minutes	Overstimulated by play with other dogs (zoomies, jumping). Mentor gently led pup to a quiet corner to settle.

wks old)					Pup calmed down after ~2 minutes and then rejoined play appropriately.
2025-03-15 (18 wks old)	Veterinary clinic	Anxious	Treats for distraction	30 seconds	Nervous entering clinic (tail tucked, hesitant). Given treats and praise at the door. Signs of <b>anxiety</b> faded in ~30 seconds; tail wagged and the pup relaxed while waiting.
2025-03-22 (19 wks old)	Home (backyard, evening)	Avoidant	None	N/A	<b>Avoidant</b> of new sprinkler sound – puppy kept distance. No intervention; allowed to observe from afar. Eventually approached on own after a few minutes once curiosity overcame fear (not timed).

*In the examples:* You can see a range of categories used (Calm, Focused, High Arousal, Anxious, Avoidant) and various interventions. The first entry shows multiple behaviors (calm meeting people, then a startle) – we chose **Calm** as the primary category since the overall demeanor was calm, and noted the startle in comments. Always use the **Notes** column to capture nuances like this. Recovery Time is filled in when applicable (for the startled, high arousal, and anxious instances) and left as “N/A” when not needed.

Feel free to continue adding rows below the template as you gather more data. The sheet is set up to allow sorting or filtering by date, category, etc., if needed, without breaking the summary calculations (just ensure the entire range is included in the formulas).

## Sheet 2: Summary Statistics (Auto-Calculated)

The second sheet provides an **automatically calculated summary** of the data from the Behavior Log. This gives a quick overview of logging frequency and behavioral trends,

which is valuable for **research analysis and mentorship review meetings**. You do **not** need to input anything manually in the summary sheet; it uses formulas referencing the log data. (All formula cells can be adjusted if your data range grows, but by default they cover a generous range of rows to accommodate ongoing entries.)

The Summary sheet includes the following metrics:

- **Logs per Week:** The number of entries logged each week. This helps track consistency of logging and the amount of activity. For example, based on the sample data above, you might see:
  - Week 16 (age 16 wks): 1 log
  - Week 17: 2 logs
  - Week 18: 1 log
  - Week 19: 1 log

*(If using calendar dates, the template will group entries by calendar week or you can adapt it to group by the dog's age in weeks. A WEEKNUM or similar function is used to determine the week. For instance, a formula using COUNTIFS can count how many dates fall within each week range. Ensure the Date column is in date format for this to work.)*
- **Behavior Category Frequency:** A breakdown of how often each behavior category was observed. This section counts each occurrence of the categories (as selected in the dropdown). For example, a summary from the sample entries would show:
  - Calm: 1
  - Moderate Excitement: 0
  - High Arousal: 1
  - Anxious: 1
  - Fearful: 0
  - Social: 0
  - Focused: 1
  - Startled: 0 *(Note: in the sample, the puppy was startled, but we categorized that event as Calm with a note about startle. If an event's primary category was "Startled," it would count here.)*

- Avoidant: 1

These frequencies let you see at a glance what states are most common. For instance, many “Calm” entries would indicate the puppy is often relaxed, whereas multiple “Fearful” or “High Arousal” entries might highlight areas for mentorship focus. *(In the sheet, each count is obtained with a formula like =COUNTIF('Behavior Log'!\$C:\$C, "Calm") for Calm, assuming the Behavior column is C. Adjust column letters if needed. If you change or add categories, remember to update these formulas or their range/criteria.)*

- **Average Recovery Time:** The template calculates the average recovery duration (in seconds or minutes) across all events where a recovery time was logged. This metric indicates overall progress in the dog’s ability to return to calm. For example, if the sample data’s recovery times were 5s, 120s, 30s (and two entries had no recovery time needed), the **average recovery time** would be about **51.7 seconds**. A downward trend in this number over the weeks would suggest that the puppy is recovering faster from stress or excitement – a positive sign in the *Just Behaving* mentorship model. *(This cell uses an AVERAGE of the Recovery Time column, typically with an AVERAGEIF to include only non-blank values or to exclude "N/A" text. For instance, =AVERAGEIF('Behavior Log'!\$E:\$E, ">0") could average all numeric recovery times. Make sure the Recovery Time column is numeric or converted to a number of seconds for the formula to work properly.)*
- **Frequency of Intervention Use:** This measures how often interventions are used during logged events. It can be reported as an absolute count or a percentage of total logs. For example, in the sample above, **2 out of 5 logs** had an intervention noted (one verbal cue, one removal to quiet area), which is **40%** of entries. This information helps determine how often the mentor needed to step in; over time, a decrease in intervention frequency might indicate the dog is self-regulating better or that challenging situations are less frequent. *(In the sheet, one approach is to count non-empty entries in the Intervention column. For example, =COUNTIFS('Behavior Log'!\$D:\$D, "<>") gives the count of entries where the Intervention cell is not blank. Then you can divide by total number of logs (count of Date entries) to get a percentage. If you have a standardized list including "None" as a value, you might instead count entries where Intervention is not "None".)*

All these summary fields update automatically as you add new data to the Behavior Log. There’s no need for manual calculation, though you can adjust the formulas (or use a pivot table) if you have advanced needs. The summary is kept in simple numeric form

for easy reference in research reports or case discussions, without any charts (though you may add your own if desired).

### Tips for Clear Usage and Customization

- **Maintain Consistent Formatting:** For the summary formulas to work correctly, keep the **Date / Age** entries consistent. If using dates, enter them in a recognized date format. If entering age in weeks, use a consistent wording (e.g., always “weeks” or “wks”). Consistency in the *Notable Behaviors* and *Intervention* columns (spelling and terms) is also important for accurate counting. It’s best to use the provided dropdown for behaviors to avoid typos.
- **Data Validation:** The template can include data validation for the *Notable Behaviors Observed* column (pre-filled with the categories listed) and for common *Interventions* if you choose. This ensures that collaborators logging data use the same terminology. However, the ability to enter free text is preserved so that you can add new behavior categories or intervention descriptions as needed in unique cases. If you do add new behavior categories, remember to add them to the summary count section (and include in the dropdown list for future entries).
- **Interpreting "Recovery Time":** This field is meant to quantify how quickly the puppy/dog calms down after a spike in arousal or a fearful/anxious event. If multiple events occur in one observation, you might record the recovery from the *most significant* trigger in that entry. If no distinct recovery applies (e.g., an entry categorized as Calm or Focused might not have a recovery time), leave it blank or “N/A” and the formulas will ignore it. Over the course of your study, look for trends such as decreasing recovery times, which would indicate progress in the dog's coping ability.
- **Weekly Grouping:** The “Logs per Week” in the summary can refer to calendar weeks or the dog’s age in weeks. You can decide which is more relevant for your analysis. If you want to track by the dog’s developmental week (which is often useful in puppy behavior research), consider adding a separate **Age (weeks)** column in the log and use that for grouping. For example, you could use a formula in the log sheet to calculate age in weeks from the birth date and date of observation. This extra step can make the weekly summary alignment clearer if needed. *(This is optional and not required for template functionality, but can be a helpful customization for research.)*
- **Collaboration and Mentorship Focus:** This template is intended to be used by multiple collaborators (e.g., mentors, researchers, veterinary behavior residents) who are observing the dog. In a Google Sheets setting, multiple people can enter observations in real time. To maintain a mentorship-centered approach,

encourage observers to also discuss the qualitative notes among each other – the numbers in the summary give an overview, but the notes provide insight into **why** a behavior occurred and how it was managed. This reflective practice aligns with the *Just Behaving* ethos of ongoing mentorship and learning.

- **Preserving Core Structure:** Feel free to adjust labels to fit your project (for instance, you might rename “Notable Behaviors Observed” to simply “Behavior” for brevity, or add a subcategory column if needed), but try to preserve the core columns. The provided categories and metrics are grounded in common behavior states and mentorship interventions that *Just Behaving* focuses on. Keeping these will ensure your data remains comparable across studies or cases and retains relevance to the framework. If you make structural changes, update the summary formulas accordingly.
- **No Charts Required (but Possible):** The template is functional without any charts – all analysis is in text/numeric form for easy inclusion in reports. However, the data is organized such that you could create graphs (e.g., a weekly trend line of logs or recovery time, or a bar chart of behavior frequencies) if visual presentation is needed later. This can be done by the user as a separate step, ensuring the template itself stays clean for data entry and automatic calculation.

## Conclusion

By using this **Longitudinal Behavior Tracking Template**, you and your collaborators can systematically document a dog's behavioral development under the *Just Behaving* mentorship model. The structured yet flexible format captures essential information – from the environment and behavior category to interventions and outcomes – in a way that supports both daily mentorship and formal research analysis. The automatically generated summary on the second sheet provides quick feedback on how the frequency of behaviors and responsiveness to interventions are evolving over time. This empowers mentors and researchers to celebrate positive trends (like increased calm or faster recoveries) and identify areas needing additional support (such as frequent high arousal or anxiety in specific contexts).

The tone and structure of the template are professional and centered on growth and guidance, mirroring the mentorship approach itself. With clear instructions and editable fields, the template is ready to use in clinical trials, behavior case studies, or training programs. It serves as a practical tool for **DACVB residents, behaviorists, and trainers** dedicated to raising well-adjusted, confident dogs through compassionate mentorship. Use it consistently, and it will become a valuable diary of progress – one that not only quantifies behavior changes but also enriches the mentorship dialogue with detailed observations and insights.



Happy logging, and best of luck with your *Just Behaving* journey toward the **calm, balanced canine companion** we all strive for.