

Canine 360°

This workbook will allow you to audition your dog's currency, pinpoint their most challenging triggers and most stressful environments. The more information you have, the faster you can work!

Print this workbook and start filling in the blanks:

What is your dog's currency?

This is a really important question when working with any animal. We must use something that is of high-value to the animal, otherwise using something that is medium or low-value will get you mediocre or quality behaviours and skills. We recommend using whole foods so that you can prevent your dog from having an upset stomach after a training session. Some examples are:

- Boiled chicken breast
- Extra lean ground meat
- A cheap cut of beef (baked or boiled)
- Low-fat cheddar or mozzarella cheese (cut into tiny pieces)
- Flaked tuna in water (not in oil, not Skipjack)
- Slicing and dicing a dog food roll (Rollover or Natural Balance)
- FreshPet or Vital meatballs for dogs (in the fridge section of many big box pet stores or WalMart)

Again, you'll want these treats to be small, soft and stinky. They should be very appealing for your dog as you will need to hold their attention in the high distraction environment. [See our blog for ideas on how to prepare these foods and store them.](#)

These are the least expensive and the healthiest options.

If the treats are crunchy, dense, or hard, your dog will feel that it's too much work and not worth their effort. They will refuse crunchy, dense, or hard treats when faced with a trigger and you will miss the opportunity to train at that moment!

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Ensure all rewards are soft and easy to swallow in pea-sized pieces.

Play a game with your dog where you prepare 6-8 different types of rewards by chopping them into pea-sized pieces. You'll need about 6-8 pieces of each. Present two different treats at the same time and the treat that your dog takes first is the winner of this round.

The winner of each round goes on to face the next treat until you have used them all up. Mark below the contenders and winners of each round so that you can create your own hierarchy for future reference. This will come in handy later!

ROUND	CONTENDER 1	CONTENDER 2	WINNER!
1			
2			
3			
4			
5			
6			

Notes:

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What are your dog's triggers?

Through careful observation of your dog in their daily life, you will start to recognise what causes them to "react". This might be mild signs of stress (LOW), a short-lived outburst with a fast recovery (MEDIUM), or a full-out "bursting into flames" (HIGH). Take note of all triggers and if some are inconsistent, mark them with an asterisk* for later.

A fast recovery is one that shows the dog in their normal state, quite relaxed, within 1-2 minutes, max.

Some triggers may be situational (only happens when it's raining outside, when the dog walker is walking them, only with "dad" walking or "mom" walking, only when feeling unwell, etc.) This is normal. You can mark those with two asterisks** if you'd like to track this later.

LOW	MEDIUM	HIGH

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Which environments are most challenging?

Dogs are not masters of generalisation. They learn a skill or concept in one environment or situation and when you ask them to perform in a different environment, they have a blank look on their face.

Through careful observation of your dog in their daily life, you will start to recognise which environments, scenarios, situations are most difficult for them.

This might look like mild signs of stress at first but they recover and relax within 5-10 minutes in that environment (LOW), low-to-medium level anxiety for the majority of time in that environment. (MEDIUM), or a full-out panic attack and an inability to settle the entire time they are in that environment (HIGH).

Take note of all environments and situations, and if some are inconsistent, mark them with an asterisk* for later.

LOW	MEDIUM	HIGH