

# Rescue Dog Wellness *and Adaptation Journal*

Pet's Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Daily Food Intake

### Breakfast:

Time:	
Food Type:	
Quantity:	
Supplements/ Medications:	

### Lunch (if applicable):

Time:	
Food Type:	
Quantity:	
Supplements/ Medications:	

### Dinner:

Time:	
Food Type:	
Quantity:	
Supplements/ Medications:	

### Treats/Snacks:

Time:	
Type:	
Quantity:	

## Daily Activity

### Morning Walk/Exercise:

Time:	
Duration:	
Type of Activity:	
Observations:	

### Afternoon/Evening Walk/Exercise:

Time:	
Duration:	
Type of Activity:	
Observations:	

### Playtime/Training Sessions:

Time:	
Duration:	
Type of Activity:	
Observations:	



# General Observations and Notes

## Behavioral Observations:

## Health Observations:

## Other Notes:

# Daily Adaptation and Comfort Observations

**Comfort Level in Home:** (e.g., relaxed, exploring, hiding)

**Interactions with Family Members:** (e.g., friendly, shy, nervous)

**Response to New Experiences:** (e.g., walks, meeting new people/pets)

**Signs of Stress or Anxiety:** (e.g., pacing, whining, excessive barking)

**Sleeping Patterns:** (e.g., restful, restless, location preference)

# Weekly Adaptation Summary

## Overall Progress:

*Reflections on how the dog is adapting to its new home and family.*

## Notable Improvements or Concerns:

*Any significant changes in behavior, confidence, or comfort level.*

## Adjustment Strategies Used:

*Any specific techniques or routines that have helped in the dog's adaptation process.*