

The Happy Dog Companion

Printable plans, records, and small steps for life together.



Use this workbook your way

Start with contacts and the dog profile. Choose only the pages that fit your household. These are writing templates, not interactive forms or a substitute for professional care.

Prepare: Dog profile, emergency contacts, home setup, care responsibilities, and a budget.

Observe: Toilet log, social-learning record, training notes, behavior diary, and feeding record.

Care: Appointment planner, medication log, grooming practice, caregiver handover, and comfort journal.

Connect: Weekly enrichment, travel checklist, 30-day plan, and a 100-name finder.

My dog at a glance

Keep this page current. Store identifying and medical information privately; share with appropriate caregivers.

Name / birth date or estimated age / arrival date

Description / identifying marks / microchip registry details

Veterinarian / known conditions / allergies or restrictions

Food and care-plan location

Comfortable activities / preferred rewards

Handling needs / situations requiring extra management

Emergency contacts

For urgent health concerns, contact veterinary help promptly. Confirm local numbers and travel services before you need them.

Regular veterinary clinic / phone / address

Emergency veterinary hospital / phone / address

Backup caregiver / phone / access arrangements

Transport plan / emergency-care authorization arrangements

Poison service / phone / other local emergency contacts

U.S.: ASPCA Poison Control 888-426-4435; Pet Poison Helpline 855-764-7661. Consultation fees may apply. Source: AVMA Pet First Aid (2025).

Welcome-home checklist

Complete the practical setup before arrival, then revisit anything the dog reveals you missed.

- ☐ Secure doors, windows, fencing, gates, and escape routes.
- ☐ Put medicines, chemicals, rubbish, cords, and swallowable items out of reach.
- ☐ Prepare a quiet resting area and manageable supervised space.
- ☐ Set up food, water, and a convenient toilet route.
- ☐ Check the fit of walking equipment and identification details.
- ☐ Arrange safe separation and introductions for resident animals.
- ☐ Gather records and schedule the first veterinary conversation.
- ☐ Assign meals, toilet breaks, supervision, and backup care.
- ☐ Plan a quiet first day and responsive overnight arrangement.

Household routine & responsibilities

Use named people and a backup. Children can help, but adults remain responsible for care.

Task / time	Primary caregiver	Backup / instructions

A realistic care budget

Use actual local estimates. Include care during work or travel and a plan for unexpected needs.

Expense	Monthly estimate	Irregular cost / due date

Emergency funding / insurance questions to resolve

Toilet-pattern log

Record opportunities and outcomes. Adjust the routine to the dog; sudden changes or discomfort need veterinary advice.

Date / time	Meal / nap / play before	Toilet offered / result	Accident / next adjustment

Positive social-learning record

Measure comfort, not the number of encounters. Discuss safe exposure with your veterinarian and make worried experiences easier.

Experience / setting	Distance / intensity	Dog response / recovery	Easier next step

Small-step training log

Pick one skill and an easy setting. Mark and reward success; reduce difficulty if the dog struggles.

Skill / date	Setting / reward	Successful attempts / total	Next small step

Behavior observation diary

Describe what happened without labels. Use management for safety and seek qualified help for distress, threats, or bites.

Before: setting / trigger	Behavior observed	What followed / recovery	Management / help needed

Food & extras record

Record everything actually fed, including medication food and edible chews. Review concerns with your veterinary team.

Date / time	Food / treat / exact product	Measured amount	Person / observations

My veterinary feeding plan

Complete from professional guidance. The example is arithmetic only, not a recommended intake for your dog.

Appropriate diet / life stage / veterinary instructions

Daily calorie target or prescribed measured amount

Meal timing / portions / extra-food allowance

Body condition / weight recheck date

Example: a 500-kcal total with a 10% extras allowance permits up to 50 kcal of extras. The actual target and restrictions must fit your dog. See Food, Treats & Healthy Habits.

Veterinary visit planner

Bring specific observations, the current medication list, and food information. Ask for written follow-up instructions.

Visit date / main concern

What changed, when, and how often?

My three most important questions

Instructions / follow-up / when to call sooner

Medication administration record

Use only the prescribing professional's instructions. Record actual doses; contact the team about mistakes or missed doses.

Dog / medicine / prescribed instructions / prescriber

Date	Scheduled time	Actual time / amount given	Initials / notes

Comfortable grooming practice

Work in brief, voluntary steps. Pain, sudden sensitivity, or persistent distress warrants professional advice.

Care task	Comfortable starting step	Reward / response	Next small step

Caregiver handover

Update before each handover. Include written veterinary instructions separately if needed.

Dates / responsible person / owner contact

Food, water, toilet, walk, and rest routine

Medication instructions and records location

Door safety / animal interactions / handling restrictions

Emergency contact and treatment authorization arrangements

Weekly enrichment menu

Choose safe activities your dog enjoys. Adjust for health and comfort; include rest and quiet alternatives.

Day	Sniff / explore	Easy skill / game	Rest / response notes

Travel preparation

Check current transport and destination requirements directly. Choose a trusted caregiver when travel would not suit the dog.

- ☐ Confirm suitable accommodation and relevant rules.
- ☐ Practice comfortable vehicle use and safe restraint.
- ☐ Pack familiar food, measured supplies, medication, and written instructions.
- ☐ Carry identification, records, leads, water, and clean-up supplies.
- ☐ Plan safe breaks and temperature control.
- ☐ Identify emergency veterinary care at the destination.
- ☐ Inspect arrival spaces for hazards and escape routes.
- ☐ Keep the first hours quiet and routines familiar.
- ☐ Leave a backup plan and contacts with a trusted person.

Senior comfort journal

Track meaningful changes and share concerns with your veterinarian. This page does not diagnose pain or determine end-of-life decisions.

Date	Eating / drinking / sleep	Movement / favorite activity	Comfort concern / follow-up

Weekly review & next step

One useful change is enough. Keep what works and make difficult situations easier.

What went well this week?

What pattern did I notice?

One environmental change to try

One easy skill or care habit to practice

Help needed / person to contact / review date

30 days of connection: 1-15

A flexible activity sequence, not a results guarantee. Repeat, modify, or skip tasks for your dog's needs. Stop if an activity causes distress.

- 01** Complete the dog profile.

- 02** Check emergency contacts and transport.

- 03** Inspect the resting area for comfort.

- 04** Record a day of meals and extras.

- 05** Observe the toilet pattern.

- 06** Practice a few easy name responses.

- 07** Review the first week and simplify one task.

- 08** Offer an easy supervised food search.

- 09** Check walking-equipment fit and condition.

- 10** Practice a tiny mat-settling step.

- 11** Notice one activity your dog chooses.

- 12** Try one comfortable grooming step.

- 13** Plan a quieter walking option.

- 14** Review comfort and recovery after activities.

- 15** Update the caregiver handover sheet.

30 days of connection: 16-30

A flexible activity sequence, not a results guarantee. Repeat, modify, or skip tasks for your dog's needs. Stop if an activity causes distress.

16 Practice a short indoor recall if appropriate.

17 Inspect toys and remove damaged items.

18 List questions for the next veterinary visit.

19 Plan a suitable rainy-day activity.

20 Practice an easy hand target.

21 Review progress without adding pressure.

22 Check identification contact details.

23 Offer a familiar game with an early break.

24 Review food portions with all caregivers.

25 Improve one slippery or awkward home area.

26 Rehearse the emergency information handover.

27 Observe a new experience from a comfortable distance.

28 Review care supplies and upcoming appointments.

29 Choose the habits worth continuing.

30 Celebrate a comfortable shared activity and plan the next month.

100 names for a new best friend

Name finder 1 of 2. Choose a name your household can say comfortably and associate it with pleasant attention.

Nature

Willow / River / Maple / Fern / Cedar / Clover / Juniper / Aspen / Pebble / Sunny

Cozy companions

Teddy / Poppy / Millie / Winnie / Milo / Archie / Sadie / Benny / Nellie / Alfie

Adventure

Scout / Ranger / Atlas / Dash / Summit / Skipper / Quest / Rover / Trek / Journey

Food-inspired

Biscuit / Waffles / Mochi / Olive / Peaches / Pickles / Noodle / Pumpkin / Toffee / Bagel

Classics

Max / Lucy / Buddy / Daisy / Charlie / Molly / Jack / Ruby / Sam / Lily

100 names for a new best friend

Name finder 2 of 2. Choose a name your household can say comfortably and associate it with pleasant attention.

Sky & sea

Luna / Nova / Stella / Comet / Sailor / Coral / Marina / Orion / Cloud / Pearl

Little delights

Pip / Dot / Bean / Sprout / Button / Tinker / Cricket / Minnie / Bitsy / Pocket

Big personalities

Bruno / Freya / Duke / Juno / Apollo / Zelda / Otis / Cleo / Magnus / Roxy

Music & rhythm

Jazz / Echo / Melody / Banjo / Lyric / Tempo / Bowie / Sonata / Cadence / Riff

Warm & earthy

Amber / Copper / Hazel / Rusty / Sienna / Mocha / Sandy / Briar / Ember / Clay

Our name shortlist

Say each option naturally. Choose one and pair it with rewarding attention; avoid using the name as a warning.

Name idea	Easy for everyone to say?	Different from our cues?	Our notes

Chosen name / favorite nicknames / first happy memory
