

Alone-Time Observation Tracker

Keep the context, timing and behavior you have already observed together, ready for a conversation with a qualified professional.

These are recording fields, not duration targets. Do not create or extend an absence to fill a row. There is no fixed seven-day outcome or standard timetable for progress.

A little context

Dog's name and age

Date / person making the record

What was happening before the absence?

How was the behavior observed?

Describe what you noticed

Record concrete details: where your dog was, sounds or movement you observed, when these began if known, and what happened afterwards. Mark uncertain details "unknown".

Observations and context

Bring the record to a conversation

Ask your veterinarian or a qualified behavior professional about concerning signs and appropriate next steps. If your dog is distressed or at risk of injury, seek help rather than continuing an observation exercise.

Background: ASPCA, Separation Anxiety — individual responses differ and there are no standard timelines.
aspca.org/pet-care/dog-care/common-dog-behavior-issues/separation-anxiety

Keep each observation in context

Use as many or as few rows as needed. Leave unknown details blank; a longer duration is not a goal of this sheet.

Date / time	Context	Observed duration or unknown	What you observed / afterwards

Questions to discuss

What is concerning or unclear? What would help a professional understand the pattern?

The log records observations. It does not prescribe how long to leave your dog or diagnose separation anxiety.