

Brave with Dogs!



Session Log

Date of Session	
Participants	
Session Duration	
Goals	1. _____ 2. _____ 3. _____ 4. _____
Activities with Dog	1. _____ 2. _____ 3. _____ 4. _____
Goals Achieved	Goal #1: Yes / No Goal #2: Yes / No Goal #3: Yes / No Goal #4: Yes / No
Relaxation Exercise	Yes / No If yes, which one? _____
Fear Scale	Beginning: _____ Middle: _____ End: _____
Next Session	Date: _____ Plan: _____ _____ _____