

# TOILET PATTERN TRACKER

Spot your dog's routine and make toilet trips easier to anticipate.

For a few days, jot down when your dog toilets, what was happening beforehand and whether you made it outside in time. Patterns can quickly start to appear and help you anticipate when your dog is likely to need another toilet break.

## MY DOG

| Dog's name | | Age | | Date | |
|---|---|---|---|---|---|

## TODAY'S TOILET RECORD

Print one copy of this page for each day you want to track.

| Time | Wee / Poo | What happened just before? | Where? | Success / Accident | Notes |
|---|---|---|---|---|---|
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

# SPOT THE PATTERN

After a few days, use your notes to see what your dog's own routine is telling you.

## WHEN DOES MY DOG MOST OFTEN NEED TO GO?

| | |
|---|---|
| ■ After waking | ■ After eating |
| ■ After drinking | ■ After play or excitement |
| ■ After resting | ■ After coming out of their crate / sleeping area |
| ■ At particular times of day | ■ Other: |

## WHAT SIGNALS HAVE I NOTICED?

Write down the signs your own dog tends to show before they need to go.

| |
|---|
| |
| |

## ACCIDENTS — IS THERE A PATTERN?

| Time / place | What was happening beforehand? | Anything I might change next time? |
|---|---|---|
| | | |
| | | |
| | | |

## OUR CURRENT TOILET ROUTINE

| | |
|---|---|
| **Morning** | |
| **During the day** | |
| **After meals** | |
| **Evening** | |
| **Before bed** | |

## PROGRESS NOTES

What's improving? What are we still working on?

| |
|---|
| |
| |

This tracker is designed to help you notice your dog's individual routine. It does not set fixed times for how long a dog should be able to wait between toilet breaks.