

Calm first nights.

Pet name: _____ Adoption date: _____ Age: _____

Before your dog comes home

- ☐ Pick a quiet resting spot away from foot traffic
- ☐ Bed or crate, water bowl and food bowl in place
- ☐ Leash, collar or harness with an ID tag
- ☐ Puppy-proof: cords, trash and toxic plants out of reach
- ☐ Ask the rescue what food they ate and how often
- ☐ Plan a potty spot and a short, calm walk route

Day 1

- ☐ Keep it quiet: few visitors, no big outings
- ☐ Show the potty spot first, then the resting spot
- ☐ Offer food and water; small appetite can happen
- ☐ Let your dog come to you; avoid forcing contact
- ☐ Keep other pets separate for now
- ☐ Note meals, water, potty and sleep on page 3

Night one

- ☐ Lights low, voices soft, a predictable bedtime
- ☐ Keep the crate or bed close so your dog is not alone
- ☐ Crying or pacing can happen as your dog adjusts

Days 2 to 3

- ☐ Keep the same simple routine each day
- ☐ Short, calm sessions together; let them set the pace
- ☐ Short walks on quiet routes
- ☐ Watch body language: hiding, freezing or lip-licking mean slow down

The 3-3-3 idea (a common rule of thumb)

Many rescues describe settling in as roughly 3 days, 3 weeks and 3 months.

It is a loose guide, not a deadline. Every pet is different.

Go at your pet's pace and ask your vet or a trainer if you're unsure.

Call your vet if

- ☐ Your pet has not eaten for about 24 hours, or stops drinking
- ☐ Vomiting, diarrhea, lethargy or signs of pain
- ☐ Any injury, breathing trouble or sudden change you are worried about
- ☐ Fear or aggression that feels unsafe (a trainer or behaviorist can help)

7-day tracker & contacts

Print a second copy for week 2

Day	Meals	Water	Potty	Sleep	Mood / notes
1					
2					
3					
4					
5					
6					
7					

Important contacts

Vet: _____

Emergency clinic: _____

Rescue / shelter: _____

Trainer or behavior consultant: _____

Pet poison hotline (look up the current number): _____