

How STRESSED is your dog?

Circle the answers that apply to your dog.



- 1. How many dogs are in your home including this dog?**
A) One B) Two C) Three D) Four or more dogs
- 2. Does each dog have a food bowl and private place to eat?**
A) Yes B) No
- 3. Does each dog have their own resting place: a kennel, mat or bed?**
A) Yes B) No
- 4. Does your dog have food dispensing toys or some other enrichment toy?**
A) Yes B) No
- 5. How often does your dog get to go for a walk off your property?**
A) Daily B) 3 times a week C) Less than once a week
D) 1 or 2 times a month E) Never
- 6. How much time does your dog spend alone each day?**
A) None B) 2-3 hours C) 5-8 hours D) 10-12 hours
- 7. Is your dog destructive when left home alone?**
A) Yes B) No
- 8. Does your dog hide, pant, pace, whine or drool during storms or loud noises?**
A) Yes B) No

Scoring Guide

- A) 0 points B) 2 points C) 4 points D) 6 points
- A) 0 points B) 4 points
- A) 0 points B) 4 points
- A) 0 points B) 4 points
- A) 0 points B) 2 points C) 4 points D) 6 points E) 8 points
- A) 0 points B) 0 points C) 2 points D) 4 points
- A) 4 points B) 0 points
- A) 4 points B) 0 points

0-8 points:

Congratulations, your home has low stress. Keep in mind even small changes to your household can stress your dog.

8-15 points:

Some factors in your home may be starting to worry your dog. Now is the time to speak to your vet about managing it. Taking action now may help prevent your dog from developing stress related behavioral or medical problems later.

More than 15 points:

Your dog is in a high risk category and may be showing signs of stress. It is important to take action now. Speak to your vet about using Adaptil and the other ways to help make your dog feel more comfortable at home.

