

BODY LANGUAGE TRACKER

For Life Interactions & Training

COMFORTABLE BODY LANGUAGE / BEHAVIORS

Laying down with head down	☐ Y ☐ N	Lying prone on side	☐ Y ☐ N	Rolling over, belly up, when sleeping	☐ Y ☐ N
Sleeping	☐ Y ☐ N	Lack of shadowing/following	☐ Y ☐ N	Relaxed facial expression	☐ Y ☐ N
Eyes Closed	☐ Y ☐ N	Relaxed/soft eyes	☐ Y ☐ N	Squinty or blinking eyes	☐ Y ☐ N
Curling up into a ball	☐ Y ☐ N	Mouth slightly open, tongue relaxed	☐ Y ☐ N		

ANXIOUS BODY LANGUAGE / BEHAVIORS

Anal sac expression	☐ Y ☐ N	Freezing or Walking Slowly	☐ Y ☐ N	Nose/Lip licking	☐ Y ☐ N
Avoiding eye contact	☐ Y ☐ N	Furrowed Brows	☐ Y ☐ N	Overly excited whiskers	☐ Y ☐ N
Barking/Howling/Whining	☐ Y ☐ N	Growling/aggression	☐ Y ☐ N	Pacing/Inability to settle	☐ Y ☐ N
Blinking or squinting	☐ Y ☐ N	Hiding	☐ Y ☐ N	Panting	☐ Y ☐ N
Clinging to the owner	☐ Y ☐ N	Hyper-salivation / drooling	☐ Y ☐ N	Piloerection (raised hair/hackles up)	☐ Y ☐ N
Cowering	☐ Y ☐ N	Hyper-vigilance	☐ Y ☐ N	Repetitive behaviors	☐ Y ☐ N
Decreased/Increased eating	☐ Y ☐ N	Increased activity	☐ Y ☐ N	Rigid or forward stance	☐ Y ☐ N
Defecation	☐ Y ☐ N	Increased grooming	☐ Y ☐ N	Self-mutilation	☐ Y ☐ N
Destruction	☐ Y ☐ N	Increased heart rate	☐ Y ☐ N	Sniffing	☐ Y ☐ N
Dilated pupils	☐ Y ☐ N	Increased reactivity	☐ Y ☐ N	Startling easily at changes/noises	☐ Y ☐ N
Drinking Excessively	☐ Y ☐ N	Lifting paw	☐ Y ☐ N	Trembling or shaking	☐ Y ☐ N
Ears Lowered/Flattened	☐ Y ☐ N	Mouth closed tightly/pulled back	☐ Y ☐ N	Trembling or shaking	☐ Y ☐ N
Escaping	☐ Y ☐ N	Mouth pursed forward	☐ Y ☐ N	Whale Eye/Staring	☐ Y ☐ N
Exposing belly, rolling over when approached	☐ Y ☐ N	Mouthing out of context (not play)	☐ Y ☐ N	Yawning	☐ Y ☐ N

