

TOGETHER, TailTempos

Emily Smith · Michael Johnson · Jessica Williams × Bella Family Integration Report

TailTempos · REPORT ENGINE 1.1



Family Comfort Index 71 · Analysis confidence: Medium

Emily Smith · Michael Johnson · Jessica Williams × Bella

This report is a behavior and lifestyle reference for your household and does not replace veterinary advice.

How to read this report

This report is calculated exclusively for Emily Smith · Michael Johnson · Jessica Williams and Bella. We haven't repeated what you've already seen in the free results, but instead focused on personalized reasoning and action plans. You can read it in order, or jump straight to the section you're most curious about.

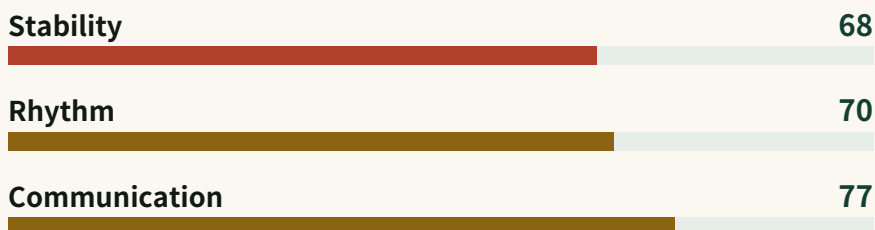
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Three principles for this report

- Don't try all the methods written here at once. Add them one by one following the 30-day plan.
- A lower-scoring axis is not a flaw, but the point where change will be most visible.
- If you see signs of pain, aggression, or severe anxiety, check the professional consultation guidelines in Chapter 8 before proceeding with the plan.

Family Overview



Emily Smith, Michael Johnson, Jessica Williams — The family comfort index combining the relationships of 3 people and 1 dog (Bella) is 71. This score reflects the individual relationship scores for each guardian as well as the relationships among the dogs. You can review the specific rationales for each guardian in the upcoming sections.

With multiple guardians, it is easier for conflicting signals and rules to reach the same dog. The goal of this report is not to rank who is better, but to align the entire family to use the same language and routines.

This report is not just a rearrangement of the free results. It provides individualized rationales and a 30-day action plan for each guardian.

From this section onward, we cover exclusive content: independent analyses for each guardian, assigned primary and secondary roles for different scenes, whether a role reassignment is needed, shared family vocabulary, a friction map, daily operation schedules, handoff checklists, a 30-day plan, and family pledges to put on your fridge.

What the Three Axes Mean for Your Family

The Stability score of 68 reflects how quickly your dog returns to a normal state after being startled or excited. Since this recovery varies among family members, observe who helps them calm down the fastest.

The Rhythm score of 70 measures the consistency of the daily routine. Ensuring that walks, meals, and rest always happen in the same order is more important than sticking to exact times.

The Communication score of 77 shows how well the same words convey the same meanings. If each family member uses different words and gestures, the dog perceives them as entirely new requests every time.

How to Read the Family Scores

These scores do not rank the guardians. They show who is a more comfortable presence in specific situations, rather than who is a better guardian overall.

Even if the average is high, a significant drop in one person's axis can cause friction in that specific context. Focus on the variations rather than just the averages.

It is natural for guardians to have different results. The goal is not for everyone to be identical, but to consolidate rules enough that the dog can predict them.

The scores reflect breed data alongside an East Asian traditional calendar framework based on dates of birth. These scores are a starting point for observation, not predictions.

About the Author

"TailTempos" is created and operated by a single individual. Over 30 years, I have lived with dogs and directly cared for or fostered 40 dogs. I have completed the Companion Animal Manager course by the Korea Kennel Club (a Korean private certification acquired in 2021). The lifestyle suggestions in this report are based on the lessons learned from repeating and correcting the same mistakes over those 30 years. Some behaviors repeat across different breeds, and even within the same breed, every individual dog has entirely different traits—this is the clearest fact I've learned from experiencing 40 dogs. Therefore, this report uses breed averages only as a starting point, and leaves the final judgment to your actual observation.

However, this experience is not a veterinary or certified behaviorist qualification. For safety-critical issues like pain, aggression, or severe anxiety, do not rely on this report. Always consult a veterinarian or a certified animal behaviorist first.

How to Read This Report

The first half interprets the family-dog relationships and explains how to observe specific scenes. The second half includes the daily operation schedules, handoff checklists, 30-day plan, and family pledges, which are meant to be filled out manually.

We recommend reading the first half together as a family, then checking your individual pages.

Independent Analysis by Guardian

Even with the same dog, the nature of the relationship varies by guardian. Below are the unique strengths, friction points, handoff criteria, and scene-specific responses tailored for each guardian.

Emily Smith · Emily Smith



Strengths · Communication

Eye contact and gestures are often enough for communication.

Friction Points · Rhythm

The larger the difference between weekday and weekend routines, the longer the adaptation takes.

This Week's Priority

This week, if the schedule changes, announce it verbally in advance.

01 Using Strengths

Emily Smith's strength in Communication serves as a baseline to return to normal after an unfamiliar stimulus.

02 Reduce Burden First

On days when Rhythm falters, secure your distance before attempting to get closer.

03 Numbers to Record

Record the minute the reaction starts and the minute calm breathing returns on days spent with Emily Smith.

04 Weekly Judgment

Trust the recorded minutes over a feeling of improvement. If the numbers haven't decreased, do not change the conditions.

Response Script for Emily Smith

A 3-step response used in: when holiday routines with this guardian differ from weekdays.

Stage	Action
Immediate (0-5s)	(Emily Smith) Inform them of the holiday routine the day before.
Next	(Emily Smith) Start the very first activity exactly as on a weekday.
After Recovery	(Emily Smith) Repeat the same holiday routine next week.

Handoff Criteria

When it's Emily Smith's turn to care for the dog, share how their Rhythm was today. This week, try setting at least the start time for walks.

This response script is not a sequence to control the dog, but a sequence to make Emily Smith's interventions predictable. If their reaction intensifies, postpone the routine. The goal for the day is just to calm down.

Criteria for Using Emily Smith's Script

Record the waiting time and the time of the reaction to compare with next week. If growling increases, halt training and ask for help.

Observation Card for Emily Smith

Record the following items on days Emily Smith spends with the dog. Pay special attention to "Walk and meal order maintained".

4-Week Observation Chart for Emily Smith

	Wk	Wk	Wk	Wk
Walk and meal order maintained	☐	☐	☐	☐
Recovery time on days the schedule changed	☐	☐	☐	☐
Relaxation Signals	☐	☐	☐	☐
Stress Signals	☐	☐	☐	☐

01 Baseline

Use the recovery times from the first 3 days of caring for them in Emily Smith's usual way as the pre-change baseline.

02 One Variable

Change the sequence first and postpone adjusting your tone to next week.

03 Improvement Signals

Check if they are less startled by the same sounds and return to normal faster.

04 Revert Signals

If bathroom mistakes are repeated, return to the original routine.

Emily Smith's Second Response · Stability

In addition to the weakest axis (Rhythm), you may face challenges related to the middle axis (Stability), such as when your dog freezes as this guardian approaches quickly.

Stage	Action
Immediate (0-5s)	(Emily Smith) Stop immediately, leaving a 2-meter distance.
Next	(Emily Smith) Say only one short word in a low voice.
After Recovery	(Emily Smith) Approach quietly only after their body relaxes.

On days when both axes are unstable in the relationship with Emily Smith, apply the Rhythm response first, and move to the Stability response only after stabilization.

01 Priority Axis

If stress signals of Rhythm appear, stop Stability training and secure a safe distance for recovery first.

02 Middle Axis

Start the Stability response under easier conditions only after their body and breathing return to normal levels.

03 Family's Role

While Emily Smith gives signals, other family members should remain silent and only organize the path and stimuli.

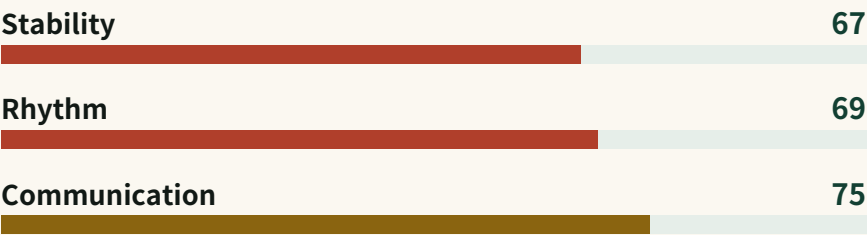
04 Maintenance

Only increase the difficulty when you have recorded the same scene three times in a week and the recovery time for both axes has shortened together.

Integration Criteria for Emily Smith's Two Axes

Stabilize the weak axis first, and apply the middle axis one step later. Not trying to fix both axes simultaneously is the fastest way to integrate them.

Michael Johnson · Michael Johnson



Strengths · Communication

Signals from this guardian are delivered more consistently than from others.

Friction Points · Stability

On tiring days, even this guardian's normal tone might be perceived differently.

This Week's Priority

This week, secure uninterrupted resting time during the day.

01 Using Strengths

Michael Johnson's strength in Communication serves as a baseline to return to normal after an unfamiliar stimulus.

02 Reduce Burden First

On days when Stability falters, reduce instructions and increase waiting time.

03 Numbers to Record

Record the minute the reaction starts and the minute calm breathing returns on days spent with Michael Johnson.

04 Weekly Judgment

You can only evaluate effectively if you changed only one thing this week. If you changed multiple things, check again next week.

Response Script for Michael Johnson

A 3-step response used in: when your dog hides while this guardian makes noise (e.g., vacuuming).

Stage	Action
Immediate (0-5s)	(Michael Johnson) Stop or lower the noise.
Next	(Michael Johnson) Wait without blocking their hiding space.
After Recovery	(Michael Johnson) Greet them briefly in a normal tone once they come out.

Handoff Criteria

When it's Michael Johnson's turn to care for the dog, share how their Stability was today. This week, focus on reducing physical contact and securing distance first.

This response script is not a sequence to control the dog, but a sequence to make Michael Johnson's interventions predictable. If they freeze or avoid you, do not try to persuade them right there. Remove the stimulus and wait again.

Criteria for Using Michael Johnson's Script

Verify if speaking once and waiting for 3 seconds works in this scene as well. When you are concerned about safety, suspend judgment and seek a professional first.

Observation Card for Michael Johnson

Record the following items on days Michael Johnson spends with the dog. Pay special attention to "Speed of reaction to unfamiliar stimuli".

4-Week Observation Chart for Michael Johnson

	Wk	Wk	Wk	Wk
Speed of reaction to unfamiliar stimuli	☐	☐	☐	☐
Physical tension before and after contact	☐	☐	☐	☐
Relaxation Signals	☐	☐	☐	☐
Stress Signals	☐	☐	☐	☐

01 Baseline

Use the recovery times from the first 3 days of caring for them in Michael Johnson's usual way as the pre-change baseline.

02 One Variable

Adjust the distance first and leave the rest as is.

03 Improvement Signals

See if they proactively approach and choose a resting spot more frequently.

04 Revert Signals

If avoidance increases, revert to the previous week's methods.

Michael Johnson's Second Response · Rhythm

In addition to the weakest axis (Stability), you may face challenges related to the middle axis (Rhythm), such as when when your dog is anxious on a day this guardian comes home late.

Stage	Action
Immediate (0-5s)	(Michael Johnson) Quietly check hydration and bathroom first.
Next	(Michael Johnson) Follow the usual greeting sequence.
After Recovery	(Michael Johnson) Relieve tension with a short walk or sniffing activity.

On days when both axes are unstable in the relationship with Michael Johnson, apply the Stability response first, and move to the Rhythm response only after stabilization.

01 Priority Axis

If stress signals of Stability appear, stop Rhythm training and secure a safe distance for recovery first.

02 Middle Axis

Start the Rhythm response under easier conditions only after their body and breathing return to normal levels.

03 Family's Role

While Michael Johnson gives signals, other family members should remain silent and only organize the path and stimuli.

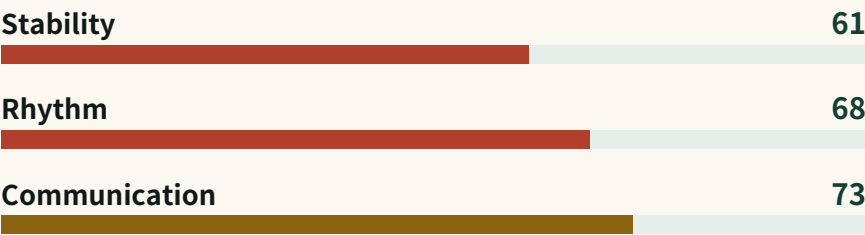
04 Maintenance

Only increase the difficulty when you have recorded the same scene three times in a week and the recovery time for both axes has shortened together.

Integration Criteria for Michael Johnson's Two Axes

Stabilize the weak axis first, and apply the middle axis one step later. Not trying to fix both axes simultaneously is the fastest way to integrate them.

Jessica Williams · Jessica Williams



Strengths · Communication

Intentions are well-communicated even with brief signals.

Friction Points · Stability

Sudden approaches or loud voices can create tension.

This Week's Priority

This week, focus on reducing physical contact and securing distance first.

01 Using Strengths

Jessica Williams's strength in Communication serves as a baseline to return to normal after an unfamiliar stimulus.

02 Reduce Burden First

On days when Stability falters, before reducing the number of requests, reduce your distance, speed, and the number of words used.

03 Numbers to Record

Record the minute the reaction starts and the minute calm breathing returns on days spent with Jessica Williams.

04 Weekly Judgment

If recovery is faster two or more times under the same conditions, maintain the current approach. If it worsens, revert to the previous stable routine.

Response Script for Jessica Williams

A 3-step response used in: when your dog freezes as this guardian approaches quickly.

Stage	Action
Immediate (0-5s)	(Jessica Williams) Stop immediately, leaving a 2-meter distance.
Next	(Jessica Williams) Say only one short word in a low voice.
After Recovery	(Jessica Williams) Approach quietly only after their body relaxes.

Handoff Criteria

When it's Jessica Williams's turn to care for the dog, share how their Stability was today. This week, establish a predictable sequence first to lower tension.

This response script is not a sequence to control the dog, but a sequence to make Jessica Williams's interventions predictable. If your dog freezes or tries to hide during the first step, do not force the next step. Keep your distance and wait for them to recover.

Criteria for Using Jessica Williams's Script

Check if their reaction and recovery improve when you speak only once and wait in the same situation. If there are signs of pain, aggression, or panic, do not attempt to correct them directly. Prepare your records and contact a professional.

Observation Card for Jessica Williams

Record the following items on days Jessica Williams spends with the dog. Pay special attention to "Physical tension before and after contact".

4-Week Observation Chart for Jessica Williams

	Wk	Wk	Wk	Wk
Physical tension before and after contact	☐	☐	☐	☐
Speed of reaction to unfamiliar stimuli	☐	☐	☐	☐
Relaxation Signals	☐	☐	☐	☐
Stress Signals	☐	☐	☐	☐

01 Baseline

Use the recovery times from the first 3 days of caring for them in Jessica Williams's usual way as the pre-change baseline.

02 One Variable

Change only one aspect at a time—tone, distance, or sequence—to identify which adjustment made an impact.

03 Improvement Signals

Check if they approach on their own or lie down comfortably, and if recovery time shortens after the same stimulus.

04 Revert Signals

If appetite, sleep, or bathroom habits become erratic, or if avoidance increases, stop the new attempt and revert to previous conditions.

Jessica Williams's Second Response · Rhythm

In addition to the weakest axis (Stability), you may face challenges related to the middle axis (Rhythm), such as when your dog fusses on a day meals are delayed with this guardian.

Stage	Action
Immediate (0-5s)	(Jessica Williams) Guide the sequence in a calm voice.
Next	(Jessica Williams) Use the usual bowl and location.
After Recovery	(Jessica Williams) Keep your distance and do not stay nearby while they eat.

On days when both axes are unstable in the relationship with Jessica Williams, apply the Stability response first, and move to the Rhythm response only after stabilization.

01 Priority Axis

If stress signals of Stability appear, stop Rhythm training and secure a safe distance for recovery first.

02 Middle Axis

Start the Rhythm response under easier conditions only after their body and breathing return to normal levels.

03 Family's Role

While Jessica Williams gives signals, other family members should remain silent and only organize the path and stimuli.

04 Maintenance

Only increase the difficulty when you have recorded the same scene three times in a week and the recovery time for both axes has shortened together.

Integration Criteria for Jessica Williams's Two Axes

Stabilize the weak axis first, and apply the middle axis one step later. Not trying to fix both axes simultaneously is the fastest way to integrate them.

Primary and Secondary Roles by Scene

If all guardians intervene simultaneously in every moment, signals overlap. Assigning primary and secondary roles per dog in advance ensures faster responses during friction points.

Dog	Primary (1st Response)	Secondary (2nd Response)
Bella	Emily Smith	Michael Johnson

The primary person responds first, and the secondary intervenes only if the primary is not present. If two people react simultaneously, the signal becomes blurred.

Role Transition Criteria

- If the primary person is away for 3 or more days, the secondary person takes over as primary.
- At the time of transition, a weekly handoff checklist must be completed.
- Please allow at least 3 days for the dog to adapt to the new primary person.

01 Primary's Job

Only one person speaks and uses gestures in a scene, guaranteeing at least 3 seconds to respond.

02 Secondary's Job

Do not add words; just manage doors, stimuli, and pathways to create a space for the primary and the dog to make choices.

03 When Switching

Relay meal amount, potty, walk reactions, and stress signals in order, and the receiver repeats them.

04 When Stopping

If two people intervene simultaneously or the dog freezes, stop the attempt and secure distance first.

Rationale for Role Assignment

Here are the reasons for assigning the primary roles for each dog based on their Stability scores. If a situation demands prioritizing another axis (Rhythm or Communication), you may adjust the assignments.

Dog	Reason for Assignment
Bella	For Bella, Emily Smith's Stability score (76) is the highest, so they were assigned as the 1st responder for contact and calming situations.

General Sequence for Conflict Situations

1. The 1st responder (Primary) handles it first, while the rest of the family withdraws their gaze and words.
2. If the Primary is absent, the 2nd responder (Secondary) takes over, and shares the situation with the Primary later.
3. If the situation repeats, switch to the response scripts in the 'Independent Analysis by Guardian' chapter.

Role assignment is not about hierarchy; it is about deciding who provides the most predictable signal in a specific scene. Even if a score is high, if it's hard to sustain in reality, switch the Secondary to 1st place and compare the recovery time and overlap interventions over two weeks.

Criteria for Maintaining Roles

If the order of meals, walks, and rest is maintained and duplicate interventions decrease even when the person in charge changes, keep the current assignment. If time and responsibility heavily burden one person, prioritize a sustainable rotation over the scores.

Need for Role Reassignment

Guardian	Overall Score
Emily Smith	77
Michael Johnson	70
Jessica Williams	67

The difference in scores between the current Primary Guardian and the others is not significant. Rather than changing roles, it is more efficient to maintain the current assignment and support the weaker axes together.

Although maintaining current roles is recommended, if you still decide to change roles, do not hand everything over at once. Run a 2-week trial on a low-risk, repeatable activity like walks before confirming the transition.

3 Things to Check During Transition

- First, increase the time the new person in charge and the dog spend alone together.
- The previous person in charge should not step out entirely; join them for the first 2 weeks.
- Check 30 days later if the scores on the friction map have actually improved.

01 Transition Scope

Transfer only one low-risk, easily repeatable role first, such as walking, feeding, or training.

02 Previous Guardian

For the first 2 weeks, be present but do not add words or gestures; provide only handoff information.

03 New Guardian

Use the same words, sequences, and rewards, and record how many times you successfully completed it alone.

04 Reversion Criteria

If recovery time lengthens or appetite/sleep is disrupted, halt the transition and revert to the old assignment.

Role Transition Simulation

Expected changes when roles are swapped. Since actual results may vary, be sure to remeasure after a 2-week trial.

Axis	Current (Primary)	Expected after Transition (Highest Score)
Stability	76	76
Rhythm	73	73
Communication	82	82

All three axes might not improve. If even one worsens, stop the transition and return to the original roles.

01 Week 1

With the previous guardian present, the new guardian handles the start and end of a single role.

02 Week 2

The new guardian handles it alone, and the previous guardian only checks the records afterwards.

03 Comparison Metrics

Compare reaction intensity, recovery time, and duplicate interventions on the same day of the week as before.

04 Final Decision

Make the change permanent only when at least two of the three metrics improve without increasing a specific family member's burden.

Role Transition Evaluation

Prioritize actual 2-week records over expected scores. Lock in the new role only when both the dog's stability and the family's sustainability improve.

Shared Family Vocabulary

If 3 people each use different words, the dog perceives it as a new request every time. Decide on the chart below together as a family, and once decided, use only these words without exception.

Situation	Shared Command	Hand Gesture
Ask to sit	"Sit" just once	Palm facing upward
Ask to wait	"Wait" just once	Palm facing forward
Come here	"Come" just once	Lightly pat your knee
Stop (Danger)	"No" short and low	Block them by facing them directly

If you need a new command not on the chart, do not invent it on the spot. Discuss it as a family and add it to the chart later.

Family members must read signal intensity with the same standard as words. If their body is relaxed and they approach on their own, maintain the current method. If they turn their head, lick their lips, or yawn repeatedly, all guardians should stop speaking and take a break. If they freeze, show the whites of their eyes, hide, or growl, only one designated person should secure a safe distance. This extends the signal guide from the free results into an actual handoff rule for the family operation chart.

Correcting Common Verbal Habits

Guardian	Expression to Avoid	Why to Change
Emily Smith	Saying "No, no!" or "Wrong, wrong" consecutively	The more it's repeated, the blurrier the signal becomes, slowing the dog's reaction.
Michael Johnson	Saying "No, no!" or "Wrong, wrong" consecutively	The more it's repeated, the blurrier the signal becomes, slowing the dog's reaction.
Jessica Williams	Saying "No, no!" or "Wrong, wrong" consecutively	The more it's repeated, the blurrier the signal becomes, slowing the dog's reaction.

The goal is not to increase the number of times they obey, but to enable the dog to predict the next situation. If there is no reaction after one signal, do not raise your voice; lower the difficulty of the environment or end the request.

Criteria for Maintaining Shared Vocabulary

After the entire family uses the same words and gestures for a week, compare the number of repeated commands and recovery time. Look at whether the expressions are truly unified before evaluating the success rate.

Extended Expressions for Specific Situations

Additional expressions for situations where the four basic commands are not enough. Only use those that the family agrees are necessary.

Situation	Expression	When to Use
Change direction on walk	"This way" + turn your body	At a fork in the road or to avoid danger
End of meal	"All done" + action of putting the bowl away	When overeating needs to be prevented
Greet a stranger	"Say hi" + show your palm	Only when the dog is ready to approach first
Rest command	"House" or "Rest" + point to the mat	When excitement does not subside

Add new expressions only one at a time. Introducing multiple at once can reduce the accuracy of the existing four commands.

01 Before Intro

Write down the scene where the new expression is essential and why existing words won't work.

02 First 3 Days

Practice with one person in one place; end immediately upon success to clarify the meaning.

03 Family Rollout

Once they react stably to the first person, other family members can start using the same word and gesture.

04 Deletion Criteria

If they confuse it with existing signals or show increased stress, remove it from the chart and rest.

Criteria for Keeping a New Expression

Add it to the shared chart only when they respond to at least two guardians with the same meaning and the accuracy of existing signals does not drop.

Friction Map

Each cell shows the score of the weakest axis in the dog-guardian combination. Lower scores indicate combinations that need attention first.

Dog	Emily Smith	Michael Johnson	Jessica Williams
Bella	Emily Smith: 73	Michael Johnson: 67	Jessica Williams: 61

A low score does not mean a low ranking in the relationship. It simply highlights the likelihood of stress appearing first in the same scene. Choose just one of the lowest combinations to adjust word count, distance, or role sequence, and maintain other conditions.

01 First to Check

Choose one repetitive scene shared by the guardian and dog in the lowest cell.

02 One Thing to Change

Change only one variable (tone, distance, time, or role) and record it the same way at least 3 times.

03 Family Support

Other family members should not give directions at the same time; simply clear stimuli or secure distance.

04 When to Recalculate

After 30 days, compare whether the recovery time and stress signals for that same scene have changed.

Handling Low Combinations

If any combination is below 70, re-read that guardian's 'Independent Analysis' chapter and prioritize applying their specific response script.

Map Interpretation by Dog

Bella

For Bella, the combination with Jessica Williams requires attention first (61 points). Start Week 1 of your 30-day plan focusing on this pairing.

Action & Observation Points for Bella

- Record once a day if tone and hand gestures differ among guardians in the same scene with Bella.
- Record expressions and recovery times before and after walks, meals, and rest for Bella to find the most stable sequence of roles.
- If Bella shows signs of stress, secure distance immediately. Next time, start from a shorter, easier step. On weekends, review the records together and decide on one thing to keep and one thing to adjust for next week.

Principles of Using the Friction Map

Start with the single lowest combination. Transfer successful methods into shared family rules. Regardless of scores, if signs of pain, aggression, or panic appear, stop the plan and prioritize a professional's judgment.



Workbook

This section is for you to fill out yourself. We've gathered materials for you to complete by hand, such as a 30-day action plan, observation logs, care schedules, handover notes, and family promises to stick on the fridge. Based on the interpretations and observation methods you've read so far, feel free to fill in one box a day at your own pace. Building a habit of keeping daily records is much more important than filling everything out perfectly. It's okay if you miss a day. The habit of keeping a record itself matters more than avoiding empty boxes. Keeping a record isn't about creating a perfect journal, but rather leaving a baseline that you can compare today with a few days later. Jotting down a short note at the same time every day is enough, and in a month, you'll be able to see what has actually changed compared to your first entry. Start today by filling in the tables, checklists, and action steps on the following pages one by one. Trust the numbers and sentences you wrote down that day more than your feelings or memories. As time passes, it's easy to remember only the good things, but records preserve the reality of that day and will help you make decisions later. If you have multiple family members, don't let one person do all the work—take turns writing so that different perspectives can gather together in the same table.

Meal · Walk · Rest Operation Chart

By assigning basic caretaking roles for each dog in advance, you can reduce gaps caused by assuming 'someone else will do it'. Roles can be rotated periodically.

Bella

The entered breed info for Bella is French Bulldog. Prioritize the actual individual's health, socialization, and recovery speed over breed averages when adjusting activity levels.

Item	Standard
Basic Role	Emily Smith
Meal Time	Set morning & evening times, within ± 15 minutes
Walk Time	40-60 minutes daily, divided into short sessions
Rest Standard	Bella is fine with short rests, so allow 20-minute resting periods between walks.

Walk amounts for Bella are adjusted based on an activity index of 2/5. Even if the person in charge changes, keep the times and sequence on this chart exactly the same.

Daily Operation Check for Bella

- Check off once in the evening whether Bella's meals, walks, and rests were done in the chart's order.
- If the person in charge of Bella changes, the previous person must briefly pass on details about meal amount, potty, and walk reactions.
- If tension or fatigue signals from Bella increase beyond usual, adjust resting space and stimuli first rather than immediately increasing walk amounts.

Recording for Bella is not about creating a perfect diary, but establishing a baseline to ensure care quality doesn't waver when handlers switch. On weekends, pick one item that went best and one that was often missed, and reflect them in next week's chart.

Weekly Handoff Checklist

On days you swap roles, you must communicate the following four items verbally. Leaving only a written record without speaking makes it easy to miss things.

Handoff Checklist

	Emily	Michael	Jessica
Today's condition (relaxed/stress signals)	☐	☐	☐
Changes in meal amount/time	☐	☐	☐
Walk notes	☐	☐	☐
To convey to the next person	☐	☐	☐

Print a new checklist every week. Comparing it with last week's records helps identify if certain items are repeatedly omitted.

01 Speak First

Before handing over the paper, say the condition, meals, walks, and next steps in order.

02 Receiver

The next person in charge repeats what they heard in one sentence to catch any omissions or misunderstandings.

03 Record Exceptions

Unusual events like meds, vet visits, or low appetite go in the first row with the time.

04 Weekend Check

Choose one frequently missed item and adjust your alarm time or chart location next week.

Criteria for Complete Handoff

The handoff is finished when both the sender and receiver can state the same next action. A checkmark without verbal confirmation does not count as complete.

30-Day Family Action Plan

It is only effective if the entire family proceeds in the same order. If one person practices differently on their own, the dog may become even more confused.

30-DAY FAMILY PLAN · The entire family proceeds in the same sequence



Week 1 · Clarifying Roles

Ensure the whole family looks at the same chart regarding who handles what.

- Post the Primary/Secondary roles chart in a visible spot
- Execute exactly according to the meal/walk/rest operation chart for 1 week
- If exceptions occur, record them on the spot immediately

Week 1 · Clarifying Roles Checklist

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Post the Primary/Secondary roles chart in a visible spot	☐	☐	☐	☐	☐	☐	☐
Execute exactly according to the meal/walk/rest operation chart	☐	☐	☐	☐	☐	☐	☐
If exceptions occur, record them on the spot immediately	☐	☐	☐	☐	☐	☐	☐

01 Check Roles

Mark whether the actual person matched the planned person for each meal, walk, and rest.

02 Record Gaps

Write down times when no one took charge and scenes where two people intervened simultaneously to find role conflicts.

03 Handle Exceptions

When exceptions like overtime or outings occur, decide on a substitute and handoff time immediately.

04 Weekend Meeting

Reassign only the one role that was most frequently vacant, and maintain the rest of the chart until next week.

Week 2 · Unifying Commands

Align all 3 people to use the exact same words and hand gestures.

- Repeat the shared family vocabulary chart until everyone memorizes it
- Correct immediately to the chart's word if a different word pops out
- Reward briefly only at the exact moment of success

Week 2 · Unifying Commands Checklist

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Repeat the shared family vocabulary chart until everyone	☐	☐	☐	☐	☐	☐	☐
Correct immediately to the chart's word if a different word	☐	☐	☐	☐	☐	☐	☐
Reward briefly only at the exact moment of success	☐	☐	☐	☐	☐	☐	☐

01 Limit to 3 Words

Keep only the three signals the family uses most, and write the word, gesture, and reward timing in one line.

02 Individual Differences

Record who was speaking when repetition increased, but do not use this as a score to judge people.

03 Mismatched Moments

If a different expression is used, do not make the dog do it again; just confirm the agreed expression among family members.

04 Weekend Meeting

Look at whether expressions were unified before looking at success rate, and hold off on one difficult signal until next week.

Week 3 · Handoff Practice

Build a habit of passing information without omission during role changes.

- Verbally communicate the 4 handoff items during shift changes
- Try the lowest combination on the friction map, rotating once a day
- Midway check if role changes are needed

Week 3 · Handoff Practice Checklist

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Verbally communicate the 4 handoff items during shift	☐	☐	☐	☐	☐	☐	☐
Try the lowest combination on the friction map, rotating once a	☐	☐	☐	☐	☐	☐	☐
Midway check if role changes are needed	☐	☐	☐	☐	☐	☐	☐

01 4 Handoff Items

State the condition, meal, walk, and next step in order, and the receiver briefly confirms.

02 Missed Signals

If stress signals spike right after a shift, identify what information the previous person failed to pass on.

03 Substitute Role

When the primary person is away, identify who takes over most smoothly and how much prep time they need.

04 Weekend Meeting

Pick one time slot where handoffs frequently failed and realistically adjust alarms or the chart's location.

Week 4 · Integration & Review

Compare the changes over 3 weeks and decide on the next 30-day plan.

- Check score changes on the friction map compared to Week 1
- Convert the most effective role assignment into a permanent rule
- Decide which items to keep and which to stop for the next 30 days

Week 4 · Integration & Review Checklist

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Check score changes on the friction map compared to Week 1	☐	☐	☐	☐	☐	☐	☐
Convert the most effective role assignment into a permanent rule	☐	☐	☐	☐	☐	☐	☐
Decide which items to keep and which to stop for the next 30 days	☐	☐	☐	☐	☐	☐	☐

01 Before & After

Compare duplicate interventions, care gaps, and recovery times side-by-side in the same scenes as Week 1.

03 What to Stop

Remove rules that had no effect or burdened a specific family member heavily, noting the reason.

02 Established Rules

Confirm one consistently effective role assignment as a shared family rule, and note the substitute.

04 Next 30 Days

Choose only one new goal. If pain, aggression, or severe anxiety signals appear, prioritize a professional consult over the family plan.

Family Pledge for the Fridge

These are the promises of our family living with Bella. Cut it out and stick it on the fridge or by the front door.

1. We will only use the commands agreed upon in the chart.
2. We will not call or touch them in their resting area.
3. We will definitely perform verbal handoffs when roles change.
4. If signs of pain, aggression, or severe anxiety appear, we will prioritize professional consultation over our plan.

Signatures: Emily Smith · Michael Johnson · Jessica Williams