

# Arousal JOURNAL



Please record what your dog is doing at each time of the day along with arousal level

07:00	19:00
08:00	20:00
09:00	21:00
10:00	22:00
11:00	23:00
12:00	00:00
13:00	01:00
14:00	02:00
15:00	03:00
16:00	04:00
17:00	05:00
18:00	06:00