

Buddylio

A FREE FIRST-WEEK GUIDE

Your Rescue Dog's **The First 7 Days**

A gentle, day-by-day plan for the first week home, when everything is new to your dog and a little frightening.

buddylio.com

Start Here

Start here. You do not need to fill in every page today.

1

Choose one quiet place where your dog can rest.

2

Keep food, water, and potty trips at about the same times.

3

Write down only what you notice. Small notes are enough.

KEEP THIS SIMPLE

One calm step at a time

Set Up a Quiet Place

Do this before your dog arrives, or as soon as you can.

- ☐ Pick a quiet corner or room.
- ☐ Put down a bed or blanket.
- ☐ Keep fresh water close by.
- ☐ Move trash, cords, medicine, and cleaning supplies out of reach.
- ☐ Close doors, windows, and yard gates.
- ☐ Ask family and visitors to let your dog come to them.
- ☐ Keep the first few days quiet.

MY DOG'S QUIET PLACE

The First Day

Your job today is food, water, a potty break, and a quiet place to rest.

- ☐ Show your dog the water bowl.
- ☐ Offer the food your dog already knows.
- ☐ Take one short potty trip.
- ☐ Keep the leash on outside, even in a fenced yard.
- ☐ Skip visitors and busy outings.
- ☐ Let your dog sleep or hide without being pulled out.
- ☐ Write down anything that worries you.

TODAY'S NOTES

Food, water, potty, sleep, mood

The First Night

A simple plan helps when your dog walks around, cries, or cannot settle.

- ☐ Take one quiet potty trip before bed.
- ☐ Keep the sleeping place close enough for you to hear your dog.
- ☐ Use a small light if the room feels too dark.
- ☐ Keep the room quiet.
- ☐ Do not force your dog into a crate.
- ☐ If your dog wakes, check for potty needs first.

WHAT HELPED TONIGHT?

Days 2 and 3

Repeat the same simple routine. Your dog does not need a busy schedule yet.

- ☐ Feed at about the same times.
- ☐ Use the same potty spot when you can.
- ☐ Keep walks short and quiet.
- ☐ Say your dog's name, then reward a look toward you.
- ☐ Let your dog choose when to come closer.
- ☐ Notice what makes your dog pull away or relax.

ONE THING MY DOG LIKED

ONE THING MY DOG AVOIDED

Days 4 to 7

Keep what is working. Add only one small new thing at a time.

- ☐ Keep meal and potty times steady.
- ☐ Try one short walk in a quiet place.
- ☐ Practice the dog's name once or twice.
- ☐ Let one calm person visit only if your dog is ready.
- ☐ Give your dog time alone without forcing touch.
- ☐ Write down small changes in eating, sleep, and mood.

Call your veterinarian or rescue contact anytime you are worried. If your dog has trouble breathing, collapses, has heavy bleeding, or cannot stand, call an emergency vet now.

My Dog's First Week

Use one short note each day. That is enough to see what changes.

DAY	ATE	DRANK	POTTY	SLEEP	MOOD	NOTES
1						
2						
3						
4						
5						
6						
7						

QUESTIONS FOR THE VET OR SHELTER

Want a plan for the full first month?

See the 30-Day Planner - \$9