

My Puppy Adventure Journal

A printable first-year journal for milestones, adventures, training wins and beautiful memories.



This journal belongs to:

Welcome To Your Puppy's First Year

Puppyhood moves quickly. A new sound, a favorite toy, a tiny training win or a funny habit can become part of your family story almost overnight. This journal gives you a calm, organized place to save those details while they are still fresh.

There is no right way to complete this journal.

Skip pages, return later, add photos, write only a sentence or fill every line. The goal is not perfection. The goal is to notice your puppy becoming part of your life.

A gentle note about puppy care

Training, feeding, health and socialization needs vary. Use this journal as a memory keepsake, not as medical or behavior advice. Ask your veterinarian or a qualified positive-reinforcement professional for guidance specific to your puppy.

Before you begin

Choose one recent photo and one small detail you already love. That is enough to start.

Meet My Puppy

Name

Nicknames

Breed or mix

Birthday or estimated birthday

Adoption / homecoming day

First weight

Coat color

Special markings



The first thing people notice about you

The Day You Came Home



Date

Where we met

What you did first

What I remember most about that day

My Puppy's Personality

Puppies change as they learn and feel safer. Mark what feels true today and add your own words.

☐

Curious

Wants to investigate

☐

Cuddly

Looks for closeness

☐

Brave

Approaches new things

☐

Shy

Needs extra time

☐

Playful

Turns life into a game

☐

Independent

Enjoys doing things alone

☐

Food-motivated

Learns with tiny treats

☐

People-loving

Seeks human company

☐

Dog-loving

Enjoys suitable dog friends

☐

Observant

Watches before joining

My own description

Favorite Things

Favorite toy

Favorite treat

Favorite sleeping place

Favorite person

Favorite game

Favorite sound

Favorite place

Something unexpected

Growth Tracker

Record only what is useful to you. Growth varies by breed, genetics and health. Your veterinarian can help you

Date	Age	Weight	Height	Notes

A photo beside this tracker can reveal changes that numbers miss - longer legs, a new expression or the day the ears finally stood up.

Monthly Photo Timeline

Month 1 photo

Month 2 photo

Month 3 photo

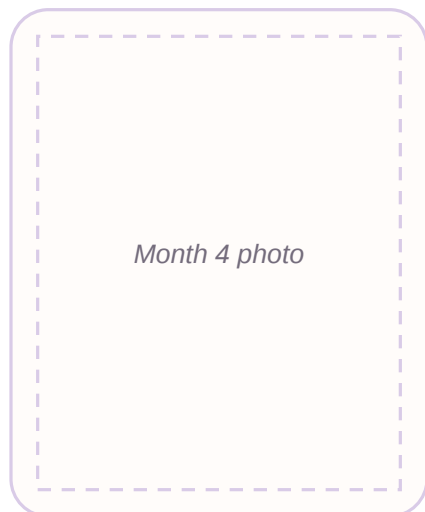
Month 1 memory

Month 2 memory

Month 3 memory

Changes I noticed

Monthly Photo Timeline



Month 4 photo



Month 5 photo



Month 6 photo

Month 4 memory

Month 5 memory

Month 6 memory

A habit that appeared

First Adventures

☐

First walk

What did your puppy notice?

☐

First car ride

Where did you go?

☐

First park visit

What felt comfortable?

☐

First visit to a friend

Who did you meet?

☐

First family outing

What made it special?

☐

First time near water

How did your puppy respond?

☐

First overnight trip

What helped them settle?

☐

An adventure of our own

A first unique to your family

Training Wins

A training win can be one calm second, one offered behavior or one moment of connection. Record what improved and what helped.

☐

Recognized their name

☐

Sat when asked

☐

Paused at a doorway

☐

Came when called

☐

Dropped or left an item

☐

Walked with a loose leash

☐

Settled calmly nearby

☐

Handled grooming more comfortably

A tiny win I never want to forget

Social Experiences

Go at your puppy's pace. Positive, calm experiences matter more than completing every item.

☐

New adults

What helped this feel safe?

☐

Children at a safe distance

What helped this feel safe?

☐

Suitable vaccinated dogs

What helped this feel safe?

☐

A new indoor place

What helped this feel safe?

☐

A new outdoor surface

What helped this feel safe?

☐

Household sounds

What helped this feel safe?

☐

Gentle grooming

What helped this feel safe?

☐

Brief quiet time alone

What helped this feel safe?

A sign my puppy needed a break

Puppy Firsts

☐

First bath

Date / note

☐

First full night of sleep

Date / note

☐

First play bow

Date / note

☐

First tail-wag greeting

Date / note

☐

First favorite toy

Date / note

☐

First zoomies

Date / note

☐

First visit to the vet

Date / note

☐

First time wearing a collar

Date / note

☐

First lost baby tooth

Date / note

☐

First calm cuddle

Date / note

☐

First holiday

Date / note

☐

First family photo

Date / note

Funny Puppy Moments

The funniest thing you did

A habit that made us laugh

A little bit of mischief

A story we never want to forget

A Perfect Puppy Day

Morning

What happened, what your puppy loved and one detail worth remembering

Afternoon

What happened, what your puppy loved and one detail worth remembering

Evening

What happened, what your puppy loved and one detail worth remembering

Bedtime

What happened, what your puppy loved and one detail worth remembering

People Who Love You

Photo

Name

Relationship

A message for you

Photo

Name

Relationship

A message for you

Photo

Name

Relationship

A message for you

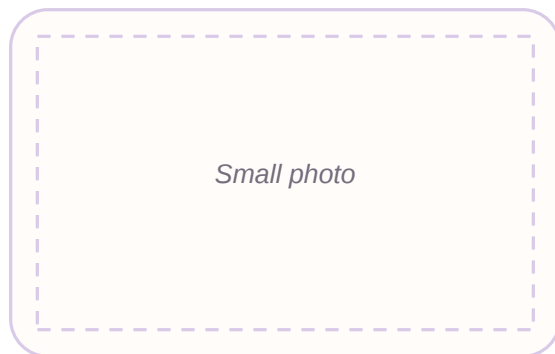
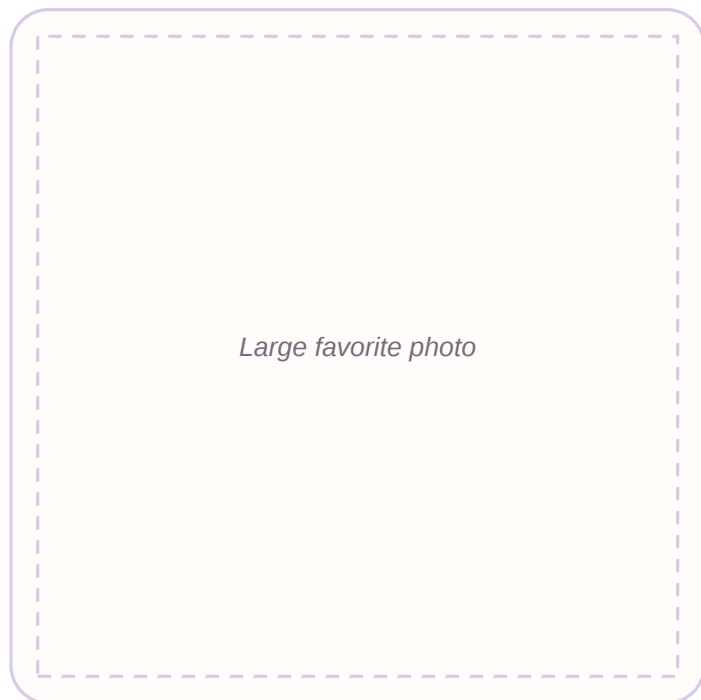
Photo

Name

Relationship

A message for you

Our Favorite Photos



Why these photos matter

A large rectangular area with rounded corners, outlined with a solid line. It contains eight horizontal lines for writing, spaced evenly.

Things You Have Taught Us

Patience

Play

Responsibility

Joy

Routine

Trust

Presence

Love

The biggest change you brought to our home

Your First Birthday

Birthday photo

Celebration date

Favorite gift

Favorite treat

Who joined us

How you changed during your first year

One wish for the year ahead:

A Letter To My Puppy

Write what you hope your puppy always knows: how they arrived, what they changed and why their story matters.

Dear _____,

The story continues

Your puppy's first year is only the beginning. Keep saving the routines, expressions, adventures and ordinary moments that make your dog's story unique.

Preserve your dog's story at cherishedpaw.com