

Urban Dog Quick Assessment Guide



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The Urban Dog Quick Assessment Tool

Discover if your dog's genetics are clashing with city living—and get genetic-based interventions.

Why Most City Dogs Struggle (And It's Not Your Fault)

Your perfectly trained dog starts pulling on busy streets. Your calm companion becomes anxious around sirens. Your social pup suddenly guards resources in your small apartment.

The truth? Your dog isn't being "bad"—their genetics are simply mismatched with urban demands.

What You'll Get in This Free Guide:

- ✓ **The 5-Minute Urban Dog Assessment** - Quickly identify if your dog's breed traits are causing city stress
- ✓ **Your Dog's Genetic "City Score"** - Understand exactly which urban challenges your dog faces based on their breeding
- ✓ **Breed-Specific Approaches** - 3 simple changes you can make TODAY to reduce your dog's urban stress
- ✓ **The "Urban Mismatch" Checklist** - Spot the warning signs before small issues become big problems

✓ **DNA-Driven Adaptations for Common Urban Behaviors** –
Practical strategies for pulling, reactivity, and overstimulation

Perfect For:

- New city dog owners feeling overwhelmed
- Dogs who were fine in suburbs but struggle in apartments
- Guardians dealing with sudden behavioral changes after moving
- Anyone whose “well-trained” dog seems stressed in urban settings

The Urban Dog Quick Assessment Tool

Part 1: Your Dog's Genetic Profile

Step 1: Identify Your Dog's Primary Breed Group (*Check all that apply*)

- ☐ **Gun Dog** (Golden Retriever, Labrador, Pointer, Spaniel, etc.)
- ☐ **Natural Dog** (Husky, Shiba Inu, Basenji, Carolina Dog, etc.)
- ☐ **Guardian Dog** (German Shepherd, Rottweiler, Mastiff, Great Pyrenees, etc.)
- ☐ **Sight Hound** (Greyhound, Whippet, Afghan Hound, Italian Greyhound, etc.)
- ☐ **Scent Hound** (Beagle, Bloodhound, Basset Hound, Coonhound, etc.)
- ☐ **Toy Dog** (Chihuahua, Pomeranian, Pug, Cavalier King Charles, etc.)
- ☐ **Terrier** (Jack Russell, Pit Bull, West Highland White, Bull Terrier, etc.)
- ☐ **Bull Dog** (English Bulldog, French Bulldog, Boston Terrier, etc.)
- ☐ **Herding Dog** (Border Collie, Australian Shepherd, Australian Cattle Dog, etc.)

- ☐ **World Dog** (Mixed breeds, village dogs, naturally bred dogs)

Step 2: Rate Your Dog's Current Urban Stress Levels (1 = *Never*, 5 = *Constantly*)

Physical Responses:

Excessive panting in normal temperatures: 1 2 3 4 5

Trembling or shaking without cause: 1 2 3 4 5

Loss of appetite or overeating: 1 2 3 4 5

Sleep disturbances or restlessness: 1 2 3 4 5

Behavioral Changes:

Increased reactivity to sounds: 1 2 3 4 5

Pulling harder on leash walks: 1 2 3 4 5

Hiding or seeking constant comfort: 1 2 3 4 5

Resource guarding (food, toys, space): 1 2 3 4 5

Environmental Reactions:

Anxiety around crowds or traffic: 1 2 3 4 5

Difficulty settling in small spaces: 1 2 3 4 5

Overreaction to urban noises: 1 2 3 4 5

Reluctance to go outside: 1 2 3 4 5

Part 2: Your Urban Environment Assessment

Your Living Situation:

- ☐ High-rise apartment (10+ floors)
- ☐ Low-rise apartment/condo (2-9 floors)
- ☐ Townhouse with small yard
- ☐ House with minimal outdoor space

Daily Urban Exposure:

- ☐ Busy pedestrian areas daily
- ☐ Heavy traffic routes for walks
- ☐ Construction or ongoing noise
- ☐ Limited green space access
- ☐ Crowded dog parks only
- ☐ Elevator rides required

Your Lifestyle Demands:

- ☐ Long work hours (8+ hours away)
- ☐ Frequent visitors/social gatherings
- ☐ Irregular schedule ☐ Limited exercise time
- ☐ Minimal training experience

Part 3: Instant Results & Starting Point Interventions

Scoring Your Assessment:

Physical Stress Score: /20

Behavioral Score /20

Environmental Score: /20

Total Urban Stress Score /60

Your Results:

0-20 Points: Green Zone - Well Adapted

Your dog is managing city life relatively well! Focus on maintaining routines and preventing stress escalation. The complete breed-specific strategies in “The Urban Dog Dilemma” will help you maintain this success long-term.

21-40 Points: Yellow Zone - Moderate Stress

Your dog is showing signs of urban overwhelm. The immediate strategies below will provide relief, but you'll need the comprehensive genetic-based approach detailed in "The Urban Dog Dilemma" to create lasting change.

41-60 Points: Red Zone - High Stress

Your dog needs urgent support. Their genetic needs are significantly mismatched with current urban demands. While these emergency strategies will provide immediate relief, the complete rehabilitation system in "The Urban Dog Dilemma" is essential for long-term success.

Starting Point Interventions by Score:

Green Zone (0-20): Prevention Protocol

Today's Action Steps:

1. **Maintain Predictable Routines** - Keep feeding, walking, and sleep schedules consistent
2. **Create Urban "Decompression Zones"** - Designate quiet spaces in your home where your dog can retreat
3. **Practice "Urban Zen" Walks** - Include 5 minutes of stationary time during walks for environmental processing

Yellow Zone (21-40): Active Intervention

Today's Action Steps:

1. **Implement the "Urban Buffer" Strategy** - Create distance between your dog and overwhelming stimuli (cross streets, take longer routes, use visual barriers)
2. **Start "City Confidence Building"** - Practice basic commands in increasingly challenging environments for 2-3

minutes at a time

3. **Introduce Genetic-Specific Outlets** – Provide breed-appropriate mental stimulation indoors (detailed by breed group below)

Red Zone (41–60): Crisis Management

Today's Action Steps:

1. **Immediate Stress Reduction** – Minimize urban exposure for 48–72 hours while implementing other strategies
2. **Emergency Environmental Management** – Block visual stimuli from windows, use white noise machines, create safe spaces
3. **Genetic Mismatch Protocol** – Immediately begin breed-specific intervention strategies (see detailed guide below)

Note: Dogs scoring in the Red Zone typically need the complete genetic rehabilitation system outlined in “The Urban Dog Dilemma” to achieve lasting success. These emergency strategies provide immediate relief while you implement the comprehensive approach.

Breed-Specific Urban Solutions

Gun Dogs in the City

Your Challenge: Bred for cooperative hunting and retrieving—urban life lacks the partnership work they crave

Breed-Appropriate Modifications:

- Create “retrieval missions” during walks (carry items, fetch specific objects)
- Practice cooperation games daily (heel training with re-

wards, directional training)

- Channel their eagerness to please with urban scavenger hunts

Natural Dogs in the City

Your Challenge: Ancient breeds with primitive instincts—modern urban life feels unnatural and constraining

Breed-Appropriate Modifications:

- Allow natural behaviors like digging in designated areas
- Provide elevated resting spots for surveying territory
- Respect their independence while maintaining gentle structure

Guardian Dogs in the City

Your Challenge: Bred to make independent protection decisions—city stimuli triggers constant alerting

Breed-Appropriate Modifications:

- Give them a “job” protecting specific areas of your home
- Practice controlled alerting (teaching “thank you” and “enough” commands)
- Channel protection drive with confidence-building exercises

Sight Hounds in the City

Your Challenge: Visual hunters built for speed—urban environment overstimulates their chase instincts

Breed-Appropriate Modifications:

- Provide safe opportunities for sprinting when possible

- Use visual enrichment games with moving toys indoors
- Practice impulse control around moving stimuli (bikes, joggers, squirrels)

Scent Hounds in the City

Your Challenge: Nose-driven hunters—urban scent overload leads to pulling and distraction

Breed-Appropriate Modifications:

- Allow dedicated sniffing time during walks (sniff breaks every block)
- Create indoor scent work games with hidden treats
- Practice “leave it” for overwhelming urban scents

Toy Dogs in the City

Your Challenge: Companion breeds can become overwhelmed by urban scale and stimulation

Breed-Appropriate Modifications:

- Provide elevated, secure viewing spots in your home
- Build confidence with small, achievable successes
- Create cozy retreat spaces in every room

Terriers in the City

Your Challenge: Independent hunters with high prey drive—urban restrictions frustrate their “seek and destroy” instincts

Breed-Appropriate Modifications:

- Provide controlled “hunting” games with hidden toys
- Channel digging instincts with dig boxes or designated areas
- Practice impulse control in short, successful sessions

Bull Dogs in the City

Your Challenge: Power and tenacity bred for specific tasks—modern life lacks appropriate outlets

Breed-Appropriate Modifications:

- Incorporate strength-based games (controlled tug, weighted backpacks)
- Focus on their natural determination for training success
- Provide cooling strategies for temperature regulation in urban heat

Herding Dogs in the City

Your Challenge: Bred to control movement—urban chaos triggers their organizing instincts inappropriately

Breed-Appropriate Modifications:

- Give them “jobs” during walks (heel work, carrying items)
- Practice impulse control with moving stimuli (people, bikes, dogs)
- Channel herding drive with indoor coordination exercises

World Dogs in the City

Your Challenge: Complex genetic mix—unpredictable responses to urban challenges require individualized approaches

Breed-Appropriate Modifications:

- Observe and adapt to their specific combination of traits
- Rotate enrichment activities from different breed groups
- Focus on their natural adaptability as an advantage

Warning Signs: When to Seek Professional Help

Red Alert Behaviors (*Contact a certified force-free trainer immediately*)

- Aggressive behavior toward people or dogs
- Destructive behavior that could cause injury Complete refusal to go outside
- Signs of depression (not eating, excessive sleeping, withdrawal)
- Repetitive behaviors (excessive licking, spinning, pacing)

Your Next Steps

If you scored 0-20 (Green Zone): Continue with the strategies above and consider “The Urban Dog Dilemma” as your prevention guide—it includes advanced techniques for maintaining urban success and preventing future stress as your dog ages or life circumstances change.

If you scored 21-40 (Yellow Zone): Begin with the immediate strategies above, then dive into “The Urban Dog Dilemma” for the complete genetic-based system. Most dogs in this range see significant improvement within 2-3 weeks using the comprehensive approach.

If you scored 41-60 (Red Zone): Start emergency protocols immediately, and get “The Urban Dog Dilemma” today. The complete rehabilitation system addresses the root genetic mismatches causing your dog’s distress. Many Red Zone dogs show dramatic improvement once their specific genetic needs

are understood and met.

Week 1: Foundation Building

- Implement your zone-specific action steps
- Begin reading “The Urban Dog Dilemma” to understand your dog’s specific genetic profile
- Start stress reduction environmental changes

Week 2: Genetic Implementation

- Apply the breed-specific protocols from the complete guide
- Establish new urban routines based on your dog’s genetic blueprint
- Practice foundational urban skills using genetic-appropriate methods

Week 3: Expanding Success

- Follow the progressive training schedules in “The Urban Dog Dilemma”
- Gradually increase urban exposure using your dog’s genetic motivators
- Monitor progress using the detailed tracking methods in the complete guide

Week 4: Long-term Mastery

- Implement the maintenance protocols for sustained success
- Build advanced urban skills using your dog’s genetic strengths
- Create your personalized long-term success plan

Bonus: The Urban Dog Emergency Kit

Essential Items for Every City Dog:

- ☐ Portable water bowl and treats for positive associations
- ☐ Calming pheromone spray for overwhelming situations
- ☐ Long-lasting chew for apartment quiet time
- ☐ Puzzle toy appropriate for your dog's breed group
- ☐ First aid supplies for urban hazards
- ☐ Contact info for emergency veterinary care

Ready to Transform Your Dog's Urban Experience?

This assessment has given you a snapshot of where your dog stands, but lasting change requires understanding the complete picture of how genetics influence urban behavior.

“The Urban Dog Dilemma: Your Dog's Genetic Guide to City Living” provides the complete system for creating urban success based on your dog's unique genetic makeup. Unlike generic training approaches, this guide helps you work **WITH** your dog's genetic drives instead of against them.

Inside the complete guide, you'll discover:

- Detailed genetic profiles for every breed group and how they affect city living
- The complete genetic-based training protocols for lasting behavior change
- Advanced environmental management strategies for each breed type
- Troubleshooting guides for complex urban behavioral issues
- Case studies showing dramatic transformations using genetic-based approaches

- Progressive training schedules that respect your dog's genetic timeline

Perfect if your dog scored 21+ on this assessment or if you want to prevent future urban stress. [[GET THE COMPLETE GUIDE HERE](#)]

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Created by a Professional Pet Dog Trainer and Certified Family Dog Mediator specializing in trauma-informed, force-free training methods using genetic-based approaches. This assessment is based on the research and methodology detailed in "The Urban Dog Dilemma: Your Dog's Genetic Guide to City Living."

Ready to understand your dog's genetic needs in city living? Get the complete guide and join our community of successful urban dog guardians.