

The Puppy Milestones and Memory Journal

A keepsake for the first year, with room for photos, stories, and reflections

ABOUT THIS GUIDE

A keepsake journal for the first year with a puppy profile, homecoming story, first experiences, training firsts, favorite toys, milestones, photo frames, monthly reflections, a first-year summary, and a letter to the puppy.



Part of The New Puppy Survival Kit.

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START HERE

Your puppy's memory journal

The first year goes quickly. Small moments that feel ordinary today, like a first sleepy yawn or a favorite squeaky toy, often become the ones you remember most.

Fill in what you can, and leave the rest for later. Some pages are for facts, like dates and milestones. Others are for stories, reflections, and the letter to your puppy at the end. Use a pencil if you want to revise, or a pen if you prefer the look of finished ink.

KEEP IT PERSONAL

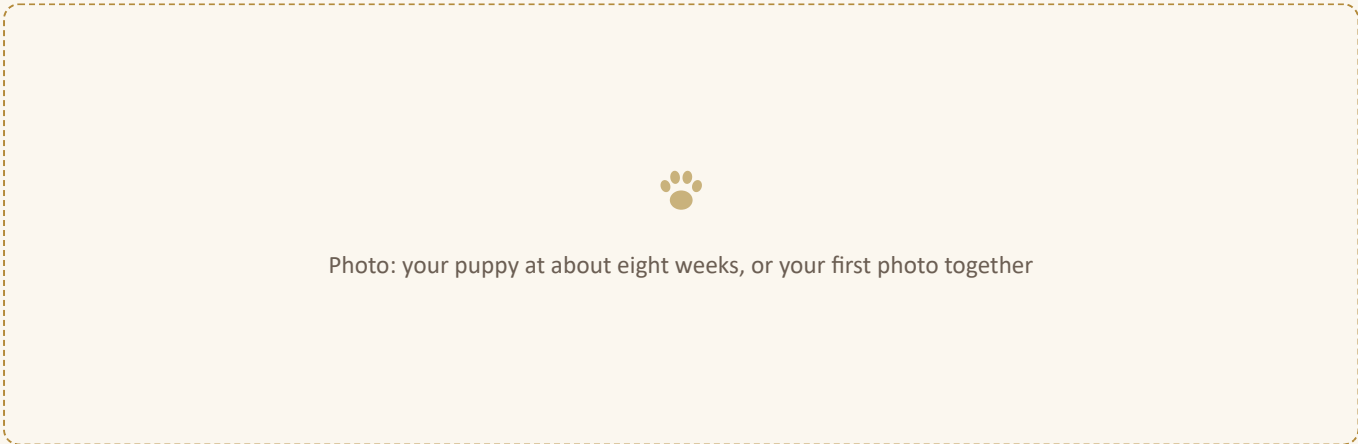
There is no right way to fill this journal. A few honest sentences on a busy day are worth more than a perfect page you never start.

PROFILE

Puppy profile

The basics, in one place.

Name	Colors and markings
Nicknames	Eye color
Birthday (or estimated date)	Coat type
Breed or mix (in my words)	Favorite word or sound
Sex	Weight when we met



Keep microchip and registration details in your Health and Vet Visit Organizer, not here.

How we found each other

Date we met _____

Where we met (breeder, rescue, shelter, or other) _____

THE STORY

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

THE BEGINNING

The first day and first night

The first hours at home can be a mix of excitement and nerves. Record how it felt for both of you.



Photo: your puppy arriving home

WHAT OUR FIRST DAY LOOKED LIKE

OUR FIRST NIGHT

TRAINING

First successful training experiences

Record the first moments when something clicked. A puppy’s first “sit” or first quiet stay is worth remembering, even if it did not last.

Date	What we practiced	What happened	How I felt

PLAY

Favorite toys and activities

Every puppy has favorites. Note what they love, and what they will happily ignore.

Toy or activity	When they started loving it	Why I think they like it	Still a favorite?

Toys are best chosen with safety in mind. Supervise chewing, and remove any pieces that come off or can be swallowed.

PERSONALITY

Personality discoveries

Puppies reveal their personality slowly. Write down each thing you learn about them.

Date	Something I learned about my puppy	Example that showed it

MILESTONES

Growth and milestones

Record the milestones your puppy reaches, big or small. Every puppy develops at their own pace, so the record is about your puppy, not a comparison to others.

Date	Puppy's age	Milestone	Notes

PHOTOS

Favorite photographs

Print or place your favorite photos here. Write a short caption under each one.



Photo 1

Caption _____



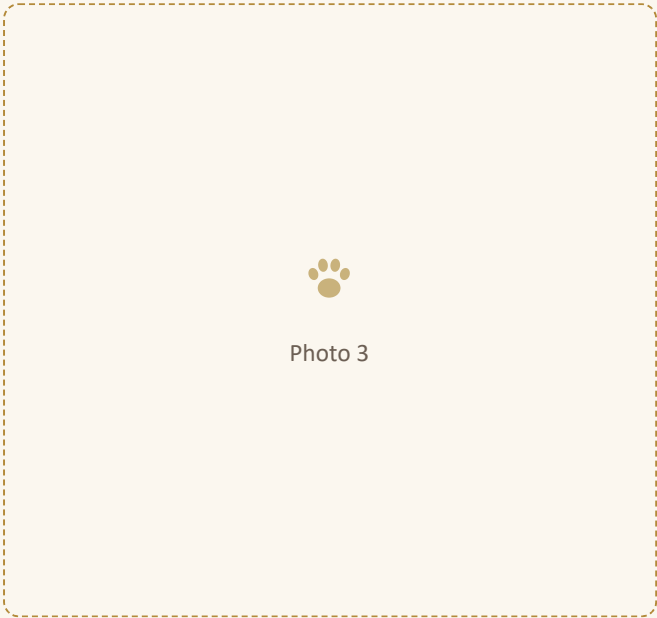
Photo 2

Caption _____

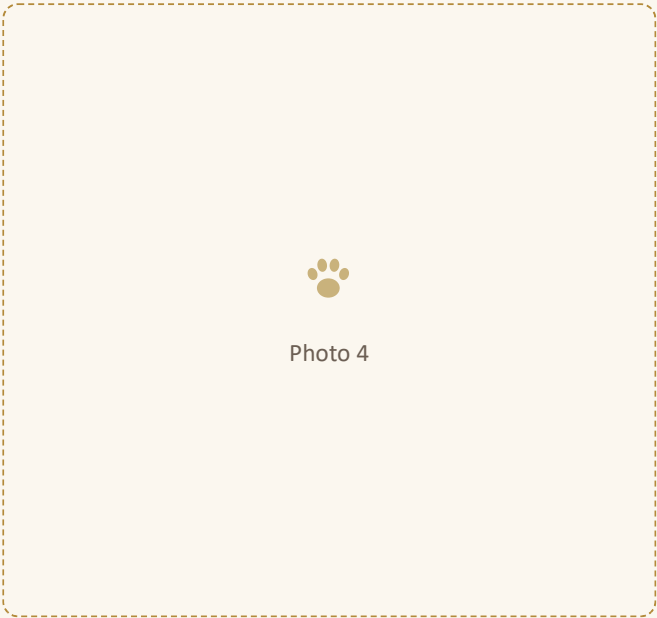
PHOTOS

More favorite photographs

Use these frames for a candid moment, a silly pose, or a photo with someone special.



Caption _____



Caption _____



Caption _____

MEMORIES

Funny habits and memorable moments

Puppies are full of quirks. Write them down before you forget them.

FUNNY HABITS

MEMORABLE MOMENTS

SKILLS

New skills learned

Tick each skill when your puppy has learned it, and record the date. Some skills may come back and forth, which is normal.

Skill	Date learned	Tick when learned
Name recognition		☐
Sit		☐
Settle on a mat		☐
Recall (come when called)		☐
Loose-leash walking (short distances)		☐
Gentle handling of paws and ears		☐
Calm greetings		☐
Going to the right spot for toileting		☐
Sleeping through a stretch at night		☐
Other skill		☐

OUTINGS

First outings and experiences

Record the first times your puppy did something new, from the first car ride to the first visit to a friend's home.

Date	Where we went	How it went	A favorite part

MONTHLY REFLECTIONS

Months 1 to 2

Take a few minutes at the end of each month. Your future self will be glad you did.

MONTH 1

Date _____

The biggest change I noticed

A moment I want to remember

Something we are still working on

MONTH 2

Date _____

The biggest change I noticed

A moment I want to remember

Something we are still working on

MONTHLY REFLECTIONS

Months 3 to 4

Take a few minutes at the end of each month. Your future self will be glad you did.

MONTH 3

Date _____

The biggest change I noticed

A moment I want to remember

Something we are still working on

MONTH 4

Date _____

The biggest change I noticed

A moment I want to remember

Something we are still working on

MONTHLY REFLECTIONS

Months 5 to 6

Take a few minutes at the end of each month. Your future self will be glad you did.

MONTH 5

Date _____

The biggest change I noticed

A moment I want to remember

Something we are still working on

MONTH 6

Date _____

The biggest change I noticed

A moment I want to remember

Something we are still working on

MONTHLY REFLECTIONS

Months 7 to 8

Take a few minutes at the end of each month. Your future self will be glad you did.

MONTH 7

Date _____

The biggest change I noticed

A moment I want to remember

Something we are still working on

MONTH 8

Date _____

The biggest change I noticed

A moment I want to remember

Something we are still working on

MONTHLY REFLECTIONS

Months 9 to 10

Take a few minutes at the end of each month. Your future self will be glad you did.

MONTH 9

Date _____

The biggest change I noticed

A moment I want to remember

Something we are still working on

MONTH 10

Date _____

The biggest change I noticed

A moment I want to remember

Something we are still working on

MONTHLY REFLECTIONS

Months 11 to 12

Take a few minutes at the end of each month. Your future self will be glad you did.

MONTH 11

Date _____

The biggest change I noticed

A moment I want to remember

Something we are still working on

MONTH 12

Date _____

The biggest change I noticed

A moment I want to remember

Something we are still working on

SUMMARY

Our first year in summary

Look back on the year and write a short summary. Revisit this page on your puppy’s birthday.

Puppy’s name _____

Date of this summary _____

Puppy’s age _____

HOW WE HAVE CHANGED, BOTH OF US

THE BIGGEST LESSON I LEARNED

WHAT I AM MOST PROUD OF

MY HOPES FOR THE NEXT YEAR

LETTER

A letter to my puppy

Write something to read when your puppy is older, or when you need to remember how this year felt.

Date written _____

You might like to write about:

- ☐ What you were like when you first met.
- ☐ The moment you knew you loved them.
- ☐ One thing you hope they never forget.