



# Using the Tracking Progress Card

As in all training, success in the HITT system is predicated upon knowing how the dog is actually doing and raising criteria enough to maintain behavioral momentum without overwhelming the dog. It's a delicate balance, most often met following the **80-20 Rule: Change only one criterion at a time, by no more than 20%, and only after the dog is 80% successful at the current level.** Cycle through the criteria rather than changing the same one twice in a row. The goal is to keep changes imperceptible and therefore unpredictable to the dog.

For basic HITT tracking the controllable variables at play are:

- Length of track
- Treat-spacing
- Spray-width
- Delay

The Tracking Progress Card makes it easy to know exactly how your dog has, is, and is likely to perform. For every track you do with your dog, complete one line on the form.

First column: Record the Date.

Second column: Enter the Time the track was laid & the Delay between tracklaying and the dog's start.

Third column: Enter Length of track.

Fourth column: Enter the Spray-width.

Fifth column: Enter the Treat-spacing.

Sixth column: After completing the track, record the dog's success percentage.

Calculating the success percentage depends upon aggregating four (maybe five) criteria:

1. Number of treats "hit": The dog just needs to place its nose over a treat, not necessarily eat it.
2. Time on track: Percentage of time on the physical track ((Time-on/Time-to-complete)X100).
3. Distance on track: Deduct off-track travel from track length.
4. Time on task: Percentage of time actually working ((Working-time/Total-time)X100).
5. Time in "style": This is more of a factor in highly stylized sport tracking (e.g., IPO, Fh, etc..).

In the accompanying example the first track had a 10-minute delay, was 75 yards long, with 6" spray, and 18" treat-spacing and ended with an 86% success rating. For the second track adjusting only one criterion—Length of track—by 20% (15 yards) resulted in a 94% success rating. In the successive tracks Treat-spacing, Spray-width, and Delay were individually adjusted, keeping changes almost imperceptible and the activity unpredictable and reinforcing for the dog. The green circle denotes a track with no changes since it was worked the next day. It's a good idea after any gap in training time to start where you left off.

DATE	TIME	LENGTH	SPRAY	R+ SPACING	SUCCESS%
7--6--7	2100 + 10	75 yds	6"	18"	86
7--6--7	2125 + 10	90 yds	6"	18"	94
7--6--7	2345 + 10	75 yds	6"	21"	90
7--7--7	0100 + 10	90 yds	8"	21"	96
7--7--7	0140 + 12	90 yds	8"	21"	96
7--7--7	0230 + 12	90 yds	8"	21" / 18-30	88
7--8--7	2130 + 12	90 yds	8"	21" / 18-30	94
7--8--7	2205 + 12	90 yds	10"	21" / 18-30	90
7--8--7	230 + 12	105 yds	10"	21" / 18-30	94