












When coding behavior on the Behavior Journal please use the following scale:

Score	Body Postures	Head Postures
<b>1</b> Relaxed	<p><b>Activity</b> – sleeping or resting, alert or active, may be playing  <b>Body</b> – lying on side, on belly or sitting; if standing or moving, back horizontal  <b>Breathing</b> – slow to normal  <b>Legs</b> – bent, hind legs may be laid out; when standing extended  <b>Tail</b> – extended or loosely wrapped; up or loosely down when standing</p> 	<p><b>Head</b> – laid on surface or over body, some movement  <b>Eyes</b> – closed to open, pupils slit to normal size  <b>Ears</b> – normal to forward  <b>Whiskers</b> – normal to forward  <b>Sounds</b> – none, purr</p> 
<b>2</b> Alert	<p><b>Activity</b> – resting, awake or actively exploring  <b>Body</b> – lying on belly or sitting; if standing or moving the back is horizontal  <b>Breathing</b> – normal  <b>Legs</b> – bent; when standing extended  <b>Tail</b> – on body or curved back; up or tense downwards when standing; may be twitching</p> 	<p><b>Head</b> – over the body, some movement  <b>Eyes</b> – open normally, pupils normal  <b>Ears</b> – normal or erected to front or back  <b>Whiskers</b> – normal to forward  <b>Sounds</b> – none or meow</p> 
<b>3</b> Tense	<p><b>Activity</b> – resting or alert, may be actively exploring, trying to escape  <b>Body</b> – lying on belly or sitting; if standing or moving the back of the body is lower than the front ("slinking")  <b>Breathing</b> – normal  <b>Legs</b> – bent, hind legs bent and front legs extended when standing  <b>Tail</b> – close to body; tense downwards or curled forward, may be twitching when standing.</p> 	<p><b>Head</b> – over the body or pressed to body, little or no movement  <b>Eyes</b> – wide open or pressed together, pupils normal to partially dilated  <b>Ears</b> – erected to front or back  <b>Whiskers</b> – normal to forward  <b>Sounds</b> – none, meow, or plaintive meow</p> 
<b>4</b> Anxious	<p><b>Activity</b> – alert, may be actively trying to escape  <b>Body</b> – lying on belly or sitting; if standing or moving the back of the body is lower than the front  <b>Breathing</b> – normal or fast  <b>Legs</b> – under body, bent when standing  <b>Tail</b> – close to the body; may be curled forward close to body when standing. The tip may move up and down or side to side.</p> 	<p><b>Head</b> – on the plane of the body, little or no movement  <b>Eyes</b> – wide open, pupils dilated  <b>Ears</b> – partially flattened  <b>Whiskers</b> – normal to forward or back  <b>Sounds</b> – none, plaintive meow, growling, yowling</p> 
<b>5</b> Fearful	<p><b>Activity</b> – motionless, alert or crawling  <b>Body</b> – lying on belly or crouched directly on top of all paws, may be shaking; if standing the whole body is near to the ground, may be shaking  <b>Breathing</b> – fast  <b>Legs</b> – bent; when standing bent near to surface  <b>Tail</b> – close to the body; curled forward close to the body when standing.</p> 	<p><b>Head</b> – near to surface motionless  <b>Eyes</b> – fully open, pupils fully dilated  <b>Ears</b> – fully flattened  <b>Whiskers</b> – back  <b>Sounds</b> – none, plaintive meow, growling, yowling</p> 
<b>6</b> Terrified	<p><b>Activity</b> – motionless alert  <b>Body</b> – crouched directly on top of all paws, shaking. Hair on back and tail bushy.  <b>Breathing</b> – fast  <b>Legs</b> – stiff or bent to increase apparent size  <b>Tail</b> – close to body</p> 	<p><b>Head</b> – lower than the body  <b>Eyes</b> – fully opened, pupils fully dilated  <b>Ears</b> – fully flattened, back on head  <b>Whiskers</b> – back  <b>Sounds</b> – none, plaintive meow, growling, yowling, hissing</p> 