

YOUR DOG PROFILE & CHECK-IN SHEET

Keep the starting details and monthly check-ins in one place

DOG PROFILE

Dog's name: _____
 Breed: _____
 Starting weight: _____
 Date you started the system: _____
 Veterinarian-recommended target weight, if different: _____

MONTHLY CHECK

Use the body condition check explained in Part 8.1. This worksheet records the result; it does not replace the method in the book.

MONTHLY CHECK-INS

Date	Weight	Body condition check result	Notes
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

PORTION ADJUSTMENT RECORD

BEFORE CHANGING THE PORTION

Use Part 8.2 for a small adjustment. If the change is sudden, severe, or unusual for your dog, use Part 8.3 and contact your veterinarian.

Date	Previous portion	New portion	Reason / Note
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____