

TRACK THE BASICS

48-Hour Food & Water Tracker

It's hard to remember every meal, sip, and bathroom trip when you're worried. This tracker gives you one calm place to write it down, so you can see what changed and explain it clearly if you need to call your vet.

This sheet has space for up to 48 hours of notes; it is not a reason to wait before calling. Record each meal, drink, bathroom trip, and unusual sign. Call your veterinarian promptly for a marked change, and sooner for a puppy, senior, very small dog, dog with chronic disease, or any dog with weakness, pain, vomiting, or diarrhea.

DAY & TIME	FOOD (HOW MUCH EATEN)	WATER	PEE & POOP	VOMIT / NOTES
Day 1 • Morning				
Day 1 • Midday				
Day 1 • Evening				
Day 1 • Night				
Day 2 • Morning				
Day 2 • Midday				
Day 2 • Evening				
Day 2 • Night				

SPOTTING THE PATTERN

Patterns and vet notes

Review the log whenever you call or visit. A short, dated summary helps your veterinarian more than memory.

⚠ CALL YOUR VET OR AN EMERGENCY CLINIC RIGHT AWAY IF

- A marked drop in eating, especially in a high-risk dog or with other signs
- Repeated vomiting or diarrhea
- A bloated, hard, or painful belly
- Drinking nothing, much less than usual, or unable to keep water down
- Very low energy, or weakness
- Any blood in vomit or stool

What changed with eating or drinking, and when?

MEALS EATEN TODAY

WATER (MORE / LESS?)

LAST NORMAL MEAL

VOMITING (HOW OFTEN?)

POOP (NORMAL?)

ENERGY & MOOD

Questions I want to ask the vet**Want all your dog's care notes in one place?****See the 22 Page Planner - \$9**

This printable keeps notes. It does not replace a vet. If your dog seems very sick, call your vet or an emergency clinic.