

What Seems Different?

Check anything you noticed. Add the date if you can.

EATING

- ☐ Eating less
- ☐ Eating more
- ☐ Trouble chewing

DRINKING

- ☐ Drinking less
- ☐ Drinking more
- ☐ Hard to keep water down

MOVING

- ☐ Slower
- ☐ Stiff
- ☐ Limping
- ☐ Hard to stand

BREATHING

- ☐ Faster
- ☐ Coughing
- ☐ Noisy
- ☐ Working hard to breathe

SLEEP

- ☐ Sleeping more
- ☐ Restless
- ☐ Awake at night

BATHROOM

- ☐ More or less often
- ☐ Accidents
- ☐ Straining
- ☐ Looks different

ENERGY AND MOOD

- ☐ Less energy
- ☐ Hiding
- ☐ Restless
- ☐ Not acting like usual

EYES, EARS, MOUTH, SKIN

- ☐ Redness
- ☐ Swelling
- ☐ Smell
- ☐ New lump
- ☐ Sore spot

DATE FIRST NOTICED

ANYTHING ELSE

7 Day Health Tracker

Use one row each day. Write a few words or use good, same, or worse.

DAY	EATING	WATER	ENERGY	MOVING	SLEEP	BATHROOM	NOTES
1							
2							
3							
4							
5							
6							
7							

Call your veterinarian anytime you are worried. If your dog has trouble breathing, collapses, has heavy bleeding, or cannot stand, call an emergency vet now.

Notes for My Vet

Bring this page, the checklist, and the tracker.

WHAT CHANGED?

WHEN DID IT START?

IS IT BETTER, WORSE, OR THE SAME?

ANY FOOD CHANGES?

ANY MEDICINE CHANGES?

QUESTIONS I WANT TO ASK

NOTES FROM THE VISIT

Keep all your dog's care notes in one place

See the 22 Page Planner - \$9