

Dog Weight Management Log

Sample

Day		Meals	Total Kcal	Exercise	Duration	Treats	Amount	Comments
Begin of Week 1		Weighs: 16 lbs				Waistline: 17. 3in.		Goal: To lose 0.32 – 0.4 lbs
Thu	1	2	300 Kcal	Walk x2	20 min	Baby Carrot	2	-
Fri	2	2	300 Kcal	Swim / Walk	30 min / 10 min	Fried Anchovy	½ tablespoon	-
Sat	3	2	300 Kcal	Fetch / Walk	15 min / 15 min	Celery / Banana	3" / 2 cut slices	-
Sun	4	2	350 Kcal	Agility Class	30 min	Franks	1 palm size	Gave a little too much franks during class, should have given 320 kcal instead of usual 350 due to agility class
Mon								
Tue								
Wed								
End of Week 1		Weighs: 15.6 lbs		Lost: 0.4 lbs		Waistline: 17in.		Next Goal: 0.312 – 0.39 lbs

Remember:

The general rule in weight reduction for dogs is between 2 - 2.5% of his current weight per week. For older dogs, no more than 2%.

Dog Weight Management Log

Dog's Name:

Day	Meals	Total Kcal	Exercise	Duration	Treats	Amount	Comments
Bgn. Wk 1	Weighs:				Waistline:		Goal:
1							
2							
3							
4							
5							
6							
7							
End Wk 1	Weighs:		Lost:		Waistline:		Next Goal:
8							
9							
10							
11							
12							
13							
14							
End Wk 2	Weighs:		Lost:		Waistline:		Next Goal: