

WEIGHT LOSS DIARY FOR DOGS



Veterinary Pet Nutrition

OVER 90% OF DOGS OLDER THAN 5 YEARS HAVE SOME DEGREE OF ARTHRITIS.

40-60% OF ALL PETS ARE **OVERWEIGHT.**

Your pet's programme is individual to them. Our Nutritional Advisor has the experience, knowledge and time to keep everything on track and will work with you. You are not alone – we can make a difference together.



TO BE COMPLETED BY PET OWNER	
OWNER NAME	
ADDRESS	
TEL	
DOG NAME	BREED
DOG AGE MALE / FEMALE /	NUTERED YES / NO /

TO BE COMPLETED BY VET PRA	CTICE
VETERINARY NURSE	
PRACTICE NAME	
PRACTICE TEL	
DOG WEIGHT	DIET ADVISED

APPOINTMENTS

NAME	DATE	TIME

IF YOU ARE **UNABLE TO ATTEND YOUR APPOINTMENT** PLEASE **CONTACT VETERINARY SURGERY**

THE DANGERS OF **OBESITY**

UPPER RESPIRATORY

TRACT DISEASES Tracheal collapse due to excess fat in the neck which can **URINARY DISEASE** compress the windpipe Overweight or obese dogs are more likely to suffer from urinary stones and urinary tract infections **EXERCISE HEART** Your dog becomes out of Fat covers the heart breath quickly and exercise which impedes function intolerance increases **JOINTS**

Excessive weight puts pressure on joints.
Osteoarthritis can develop making movements difficult and painful

WEIGHT REDUCTION DIET

What and how much your dog eats throughout its life will have an effect on the joints later on. If your dog is overweight, reducing its weight is an important step to take to help ease your dog's joint pains and discomfort.

specific Weight reduction diet helps your overweight dog get back to their ideal body weight. Low in fat and calories, it allows you to give your dog a large tasty amount to satisfy their appetite.

Why choose Weight Reduction:

- Low in calories
- · Low in fat and high in fibre
- **High protein content** to satisfy your dog's appetite and support their muscles
- Omega-3 from fish oil to help maintain healthy joints, skin and coat
- L-carnitine to help burn fat and support muscles





JOINT SUPPORT DIET

SPECIFIC Joint Support food has a superior composition for support of healthy joints and mobility in your dog:

- A high level of fish oil to support the joints
- A high content of natural cartilage supporting elements
- Moderate calorie content for ideal body weight



BODY CONDITIONING 'HOW TO'

You will be assessing THREE main areas: neck, abdomen and waist.

To determine your dog's **body condition score**, assess your cat and consider;

- 1. Can you feel ribs with flat of your hand? (gentle pressure)
- 2. Can you see a waist? view from above and from the side
- 3. Is there a 'spare tyre' around the neck?

WEIGHT AND JOINT PROBLEMS IN DOGS AND WHAT YOU CAN DO ABOUT THEM

An overweight dog is an unhappy dog. Running about, exploring and being playful is part of every dog's nature – and the more overweight they are, the less they can do. But it's also their nature to constantly be looking for food, from meals to snacks and treats.



One of the risks of obesity is arthritis.

- Arthritis is a common joint problem in elderly dogs, typically affecting knees, hips, elbows, spine or sometimes shoulders
- The risk increases over the years and symptoms are much worse in dogs over 5 years of age

So as an owner it is your responsibility to make some lifestyle choices for your dog. Even if, sometimes, it seems like 'tough love', you will soon be rewarded by seeing your pet becoming healthier and happier.

WHICH PICTURE BEST RESEMBLES YOUR PET?

Please select from the **5 options** below and mark on the scale to what extent:

No.1 Malnourished How Malnourished on a scale of 1-10 (10 being highest) 1 2 3 4 5 6 7 8 9 10 No.2 Underweight on a scale of 1-10 (10 being highest) 1 2 3 4 5 6 7 8 9 10 No.3 Ideal How Ideal on a scale of 1-10 (10 being highest) 1 2 3 4 5 6 7 8 9 10 No.4 Overweight on a scale of 1-10 (10 being highest) No.5 Obese How Obese on a scale of 1-10 (10 being highest) 1 1 1 10 being highest)										
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Which picture best resembles your pet?

MALNOU	RUISHED	UNDER	WEIGHT	IDE	AL	OVERV	/EIGHT	ОВІ	ESE
		a					Por land		
On a sca	le of 1-10							10 being t	the highest
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Measurements

Weight kg		Waist cm	n	Neck	cm
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Joint scoring

Please enter circle the number. 1 = Strongly Disagree and 10 = Strongly Agree

My dog finds it difficult to get comfy	1 2 3 4 5 6 7 8 9 10
My dog finds it difficult to get up after rest	1 2 3 4 5 6 7 8 9 10
My dog pants heavily after a small amount of activity	1 2 3 4 5 6 7 8 9 10
My dog falls behind on walks and is reluctant to play	1 2 3 4 5 6 7 8 9 10
My dog shows pain when I touch affected joints	1 2 3 4 5 6 7 8 9 10
Add up the scores in the circles to chart yo	our pet's progress.

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The lower the score, the healthier your pet is getting.	TOTAL

PROGRESS REPORT	DATE
Food type	
Quantity per feed	Frequency
Exercise recommendation	

Weight Management scoring

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WEEKS



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