Resting Breathing Rate Log

Counting your dog's breaths while asleep is one of the simplest checks you can do at home: **a normal sleeping rate is 15 to 30 breaths a minute, and a rate that stays above 30 is a reason to call your vet.** Your vet may set a different number for your dog.

FILLABLE PDF — TYPE ON A COMPUTER OR TABLET, OR PRINT AND FILL IT IN BY HAND.

DOG'S NAME	MY VET'S LIMIT (BREATHS/MIN)	VET PHONE

HOW TO COUNT

1. **Wait until your dog is sound asleep,** ideally in a cool room, not just resting after play.
2. **One breath** is the chest rising and falling once.
3. **Count for 30 seconds,** then double it for breaths per minute.
4. **To learn your dog's normal,** count once a day for a week; dogs with heart disease, as often as your vet asks.
5. **Write every count down,** with the time and anything unusual.
6. **Bring the log** to every vet visit.

WHAT THE NUMBER MEANS (SLEEPING OR RESTING CALMLY)

15–30 a minute	Normal for a sleeping dog, including many dogs with heart disease that is well controlled.
Over 30, again and again	Increased. Count again later, and call your vet as soon as possible if it stays high.
Your vet's number	For some dogs a rate under 30 is already too high. Write your vet's limit at the top.

BREATHING LOG

DATE	TIME	BREATHS IN 30 S	× 2 = PER MINUTE	ASLEEP?	NOTES

Emergency signs: fast breathing with the mouth open, blue-tinged gums, the belly working hard to breathe, head and neck stretched out, noisy breathing, weakness or collapse. Go to the nearest emergency animal hospital and call ahead if you can.

THE FULL VERSION: DOG HEALTH RECORD BOOK · ON ETSY: NEWDOGCO.ETSY.COM

Sources: VCA Animal Hospitals (home breathing rate evaluation); Merck Veterinary Manual (heart failure in dogs and cats); Cornell Riney Canine Health Center (recognizing canine respiratory distress).