

Dog Weight Tracker

A running record of your dog’s weight and body condition, so slow changes become visible. Weigh the same way each month and watch the trend, not the single number.

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

DOG'S NAME

GOAL WEIGHT

VET

WEIGHT LOG

DATE	WEIGHT	BODY CONDITION (1-9)	CHANGE	NOTES

BODY-CONDITION REFERENCE

1–3 too thin · 4–5 ideal · 6–9 overweight.

In the ideal range you can feel the ribs easily and see a waist from above.

Tip:

Weigh on the same scale on the same day each month. For a small dog, hold them and subtract your own weight — and ask your vet for a target.