

FREE PRINTABLES · NEW DOG CO

The Free Dog-Care Printables Pack

Eighteen clean, fillable, print-ready dog-care sheets for life with a dog — vaccination records, puppy schedules, a sitter sheet, feeding and weight logs, an emergency plan and more, all in one download.

A4

INSIDE THIS PACK

- | | |
|---|----------------------------------|
| 01 Dog Vaccination Record | 02 Puppy Vaccination Schedule |
| 03 New Puppy First-Week Checklist | 04 Dog Sitter Instruction Sheet |
| 05 Vet Visit Prep & Symptom Log | 06 Daily Dog Care Chart |
| 07 Pet Emergency & Evacuation Info Sheet | 08 Reactive Dog Trigger Log |
| 09 Dog House-Training Log | 10 Puppy Socialization Checklist |
| 11 Dog Medication & Supplement Log | 12 Senior Dog Wellness Tracker |
| 13 Dog Feeding & Portion Chart | 14 Dog First-Aid Kit Checklist |
| 15 Dog Weight Tracker | 16 Dog Grooming Schedule & Log |
| 17 Rescue Dog Decompression Tracker (3-3-3) | 18 Dog Walker Instructions |

Every sheet is free to print, use, and share, and fillable on a computer or tablet.
Educational content — not veterinary advice, and not a substitute for your vet.
Made by M. Ruiz, for Lobo.

Dog Vaccination Record

A lifetime log of your dog's shots — keep it with your papers or hand a copy to a boarding facility, groomer, or new vet. Record each vaccine as it's given.

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

DOG'S NAME

BREED

DATE OF BIRTH

MICROCHIP #

VACCINATION HISTORY

VACCINE	DATE GIVEN	NEXT DUE	CLINIC / VET	LOT #	INITIALS

Core vaccines (rabies, distemper/parvo/adenovirus, and, for most dogs, leptospirosis) protect every dog. Non-core shots (Bordetella, Lyme, canine influenza) depend on lifestyle and region — ask your vet which your dog needs.

REACTIONS / NOTES

Puppy Vaccination Schedule

The typical core-vaccine timeline from 6 to 16+ weeks. Vets tailor it to your puppy — use this to track what's done and what's next, and confirm every date with your clinic.

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

PUPPY'S NAME

BREED

DATE OF BIRTH

VET CLINIC

CORE SCHEDULE (6-16+ WEEKS)

AGE	TYPICAL CORE VACCINES	DATE GIVEN	DONE
6-8 weeks	DHPP #1 — distemper, hepatitis/adenovirus, parainfluenza, parvovirus		☐
10-12 weeks	DHPP #2 · (leptospirosis or Bordetella if advised)		☐
14-16 weeks	DHPP #3 · Rabies		☐
16-18 weeks	DHPP final — last dose, at 16 weeks or older		☐
12-16 months	DHPP + Rabies booster		☐

NON-CORE — ASK YOUR VET

☐ **Bordetella**
kennel cough — boarding, daycare, classes

☐ **Leptospirosis**
now recommended for most dogs — ask your vet

☐ **Lyme disease**
tick-heavy regions

☐ **Canine influenza**
social / boarding dogs

Keep exposure low until about two weeks after the final puppy round — safe socialization matters, but so does immunity. Your vet gives the exact all-clear date; this chart is a general guide, not a prescription.

New Puppy First-Week Checklist

The first seven days, made calm: what to buy before pickup, a gentle day-by-day plan, and the potty rhythm that prevents most accidents. Tick as you go.

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

PUPPY'S NAME

HOMECOMING DATE

VET APPOINTMENT

BEFORE THE FIRST NIGHT

- | | |
|--|--|
| ☐ Crate + soft bedding
den-sized, not too big | ☐ Food & water bowls
plus the food the breeder/shelter used |
| ☐ Collar, ID tag & leash
tag with your phone number | ☐ Puppy-proof one room
cords, cleaners, small objects up high |
| ☐ Enzymatic cleaner
for the accidents that will happen | ☐ Chews & a couple of safe toys
redirect the biting |

DAY BY DAY

- ☐ **Day 1 — arrive calm**
quiet homecoming, one room, no crowd of visitors
- ☐ **Day 1 — potty spot**
carry out on waking, after meals, after play
- ☐ **Day 2 — crate as a good place**
meals & chews inside, door open at first
- ☐ **Day 2–3 — book the vet**
first check-up + start the vaccine schedule
- ☐ **Day 3–4 — name & handling**
short happy name games; touch paws, ears, mouth
- ☐ **Day 4–5 — alone-time practice**
seconds, then minutes, so alone isn't scary
- ☐ **Day 5–7 — a routine forms**
same meal, potty, nap and play times

POTTY RHYTHM (FIRST WEEK)

- | | | |
|---|---|---|
| ☐ On waking | ☐ After every meal | ☐ After play or excitement |
| ☐ Before the crate | ☐ Before bed | ☐ Overnight, once or twice |

QUESTIONS FOR THE VET

Dog Sitter Instruction Sheet

Everything your sitter needs on one page: feeding, medications, the walk routine, your dog's quirks and triggers, and who to call in an emergency. Fill it in and leave it on the fridge.

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

DOG'S NAME

BREED / AGE

DATES OF CARE

FEEDING

FOOD & AMOUNT (AM)

FOOD & AMOUNT (PM)

TREATS – YES / NO / WHICH

ANYTHING THEY MUST NOT EAT

MEDICATIONS

MEDICATION	DOSE	TIME(S)	WITH FOOD?	GIVEN ✓

WALKS & ROUTINE

WALK TIMES & LENGTH

LEASH / HARNESS & WHERE IT'S KEPT

POTTY ROUTINE & YARD NOTES

SLEEP – WHERE & WHEN

QUIRKS & TRIGGERS

WHAT SCARES OR EXCITES THEM, HOUSE RULES, HIDING SPOTS, HOW THEY SHOW STRESS

EMERGENCY CONTACTS

OWNER (NAME & PHONE)

SECOND CONTACT

REGULAR VET (NAME & PHONE)

NEAREST 24-HR EMERGENCY VET

Vet Visit Prep & Symptom Log

Walk into the exam room ready. Log what you're seeing before you go — a clear symptom timeline saves guesswork — jot the questions you'll forget, and capture the plan on the way out.

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

DOG'S NAME

VISIT DATE

REASON FOR VISIT

SYMPTOM TIMELINE

DATE / TIME	WHAT YOU NOTICED	HOW BAD (1-5)	EATING / DRINKING	POOP / PEE

CURRENT MEDICATIONS & FOOD

MEDICATIONS & DOSES

SUPPLEMENTS

FOOD & TREATS

RECENT CHANGES (FOOD, HOME, ROUTINE)

QUESTIONS TO ASK THE VET

AFTER THE VISIT

DIAGNOSIS / PLAN

NEW MEDS & HOW TO GIVE THEM

RECHECK DATE

WARNING SIGNS TO CALL ABOUT

Daily Dog Care Chart

The fridge chart that keeps a whole family (and the dog) on track: who fed, who walked, who gave meds — every day of the week. No more double dinners or missed pills.

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

DOG'S NAME

WEEK OF

THIS WEEK

TASK	MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast who fed?							
Dinner who fed?							
Walk / potty AM who?							
Walk / potty PM who?							
Medication who gave?							
Fresh water topped up?							
Play / training who?							
Poop pick-up yard/box							

Tip: tape it to the fridge and have whoever does a job write their initials. It ends the "did anyone feed the dog?" question and makes sure meds are never doubled — or missed.

Pet Emergency & Evacuation Info Sheet

One page that speaks for your dog when you can't. Microchip, medical needs, insurance, a photo, and who to call — filled in before you need it, so a lost or evacuated pet gets home fast.

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

PET ID

DOG'S NAME

BREED, COLOR & SIZE

MICROCHIP #

REGISTRATION / LICENSE #

SPAYED / NEUTERED — YES / NO

DISTINGUISHING MARKS

MEDICAL

MEDICAL CONDITIONS & ALLERGIES

CURRENT MEDICATIONS & DOSES

VACCINATION / RABIES DATE

REGULAR VET + PHONE

TAPE A PHOTO HERE

RECENT PHOTO OF YOUR DOG

IF WE'RE SEPARATED — CALL

OWNER 1 (NAME & PHONE)

OWNER 2 (NAME & PHONE)

OUT-OF-TOWN CONTACT

INSURANCE / POLICY #

PET-FRIENDLY BOARDING / HOTEL

BACKUP CAREGIVER

Hurricane / wildfire season: assemble a go-bag now — 3+ days of food & water, meds, bowls, leash, this sheet, and a carrier. Never leave a pet behind; most human shelters won't take animals, so know a pet-friendly option before the warning comes.

Reactive Dog Trigger Log

One page that turns "my dog is unpredictable" into a plan. Log each trigger — what, how close, how your dog reacted, how long to recover — and the pattern that drives your training reveals itself.

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

DOG'S NAME

WEEK OF

TRIGGER LOG

DATE / TIME	TRIGGER (WHAT & WHERE)	DISTANCE	UNDER THRESHOLD?	DOG'S RESPONSE	RECOVERY TIME

Why log it? Reactivity looks random until it's written down. After a week or two the pattern jumps out — which triggers, at what distance, on which days — and **that** is your training plan. Stay far enough away that your dog can still take food and think ("under threshold"); every calm rep counts.

QUICK KEY

- ☐ **Under threshold**
noticed it, stayed calm, took food
- ☐ **Over threshold**
barked, lunged, couldn't eat or listen
- ☐ **Distance**
how many steps/meters away
- ☐ **Recovery**
how long to settle afterward

Dog House-Training Log

Log every potty trip — time, pee or poop, and what came right before. A sheet holds about a day for a young puppy; reprint through the week and the pattern soon shows.

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

DOG'S NAME

START DATE

POTTY LOG

TIME	PEE / POOP	WHERE	AFTER	NOTES

HOUSE-TRAINING BASICS

- ☐ Take out on waking
first thing

☐ After play or excitement

☐ Reward the second they go outside
treat + praise

☐ Skip punishment
it teaches hiding, not holding
- ☐ After every meal
within 10-15 min

☐ Right before bed

☐ Clean accidents with an enzyme cleaner
not just soap

☐ Watch for pre-potty signs
sniffing, circling

Tip: After a few days, read down the After column. If most wins happen about 10 minutes after meals, head out at minute 8 next time — you're beating the accident, not cleaning it up.

Puppy Socialization Checklist

The weeks up to about 12–16 are when a puppy learns what’s normal and safe. Check things off as your puppy meets each one calmly and happily — no rush, no fear.

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

PUPPY'S NAME	WEEKS OLD	START DATE

PEOPLE

- | | |
|---|--|
| ☐ Men | ☐ Women |
| ☐ Kids | ☐ People in hats
and sunglasses |
| ☐ Uniforms
hi-vis, delivery | ☐ Wheelchairs
walkers, strollers |

ANIMALS

- | | |
|--|---|
| ☐ Calm vaccinated dog
adult, healthy | ☐ Friendly puppy |
| ☐ Cats | ☐ Birds or livestock |

SOUNDS

- | | |
|----------------------------------|--|
| ☐ Vacuum | ☐ Doorbell |
| ☐ Traffic | ☐ Thunder audio
played low |

SURFACES

- | | |
|---------------------------------|---|
| ☐ Grass | ☐ Tile or wood |
| ☐ Stairs | ☐ Metal
grates, ramps |

HANDLING

- | | |
|--|---|
| ☐ Paws touched | ☐ Ears checked |
| ☐ Mouth & teeth | ☐ Collar / harness
on and off |

PLACES

- | | |
|--|---|
| ☐ Car ride | ☐ Vet lobby
just to visit |
| ☐ Busy sidewalk | ☐ Pet-friendly store |

Tip: Keep every introduction short, positive and at your puppy’s pace. Pair new things with treats, and calmly move away if your puppy looks scared — a good first meeting beats a long one.

Before shots are done: Safe socialization can start before full vaccination. Ask your vet which low-risk settings — a friend’s healthy vaccinated dog, a clean tiled floor — are right for your puppy now.

Dog Medication & Supplement Log

One row per dose, so nothing gets doubled or forgotten. Note the medication or supplement, the amount, the time, and who gave it — then bring the sheet to your next vet visit.

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

DOG'S NAME

VET + PHONE

PHARMACY

DOSE LOG

DATE	MEDICATION / SUPPLEMENT	DOSE	TIME	GIVEN BY	NOTES

CURRENT MEDICATIONS

MEDICATION / SUPPLEMENT	DOSE	FOR WHAT

Tip: Check the last row before you give anything — if it's already logged, don't dose again. Bring this sheet to every vet visit.

Senior Dog Wellness Tracker

One line a month to notice how your older dog is really doing. Track the small stuff so you can catch changes while they're still easy to help.

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

DOG'S NAME

AGE

VET

MONTHLY CHECK-IN

MONTH	WEIGHT	APPETITE	MOBILITY/STAIRS	ENERGY/MOOD	LUMPS/SKIN	TOILETING	NOTES

CALL YOUR VET IF YOU NOTICE

- ☐ Sudden weight change
up or down

☐ Trouble rising or with stairs
new stiffness

☐ New lump or skin change

☐ Coughing or heavy breathing
- ☐ Stopped eating
more than a day

☐ Drinking or peeing more
than usual

☐ Confusion or pacing
often worse at night

Tip: Fill the first row today as your baseline and add a photo each month — side-on, standing. Changes you can see and compare are easier for your vet to help with early.

Dog Feeding & Portion Chart

Fill this in once so every person in the house feeds the same food, the same amount, at the same times. Ask your vet for the daily portion, then split it across the meals below.

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

DOG'S NAME

WEIGHT

FOOD BRAND

DAILY FEEDING

MEAL	TIME	FOOD + AMOUNT	WHO FEEDS	GIVEN

TREATS & EXTRAS

ALLOWED TREATS + DAILY LIMIT – KEEP TREATS UNDER ~10% OF DAILY CALORIES

NEVER FEED – TOXIC TO DOGS

- ☐ **Chocolate & caffeine**
toxic
- ☐ **Onion & garlic**
damages blood cells
- ☐ **Macadamia nuts**
- ☐ **Grapes & raisins**
kidney risk
- ☐ **Xylitol**
sugar-free gum, candy
- ☐ **Alcohol & raw bread dough**

Tip: Measure portions using the food label and your vet’s guidance, keep treats under ~10% of daily calories, and switch foods gradually over about a week. If your dog eats something on the never-feed list, call your vet or a pet poison line.

Dog First-Aid Kit Checklist

Build the kit once, keep it by the door, and know your dog’s normal numbers before you ever need them. This is a preparation checklist and a vitals reference — not treatment advice.

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

DOG’S NAME	WEIGHT	KIT CHECKED (DATE)

KIT CONTENTS

- | | |
|---|---|
| ☐ Sterile gauze pads | ☐ Non-stick wound pads |
| ☐ Self-adhesive bandage wrap | ☐ Medical tape |
| ☐ Blunt-tip scissors | ☐ Tweezers |
| ☐ Digital thermometer | ☐ Disposable gloves |
| ☐ Saline (eye/wound rinse) | ☐ Tick remover |
| ☐ Muzzle or soft cloth strip | ☐ Clean towel |
| ☐ Copy of vet records | ☐ This checklist |

KNOW YOUR DOG’S NORMAL (TYPICAL RANGES)

- ☐ **Temperature** — typically ~101–102.5°F / 38.3–39.2°C
rectal, when calm
- ☐ **Heart rate** — 60–140 beats/min (small and toy breeds faster — up to ~160–180; puppies faster still)
feel chest behind the left elbow
- ☐ **Breathing** — about 10–30 breaths/min at rest
count at rest, not panting
- ☐ **Gums pink, refill under ~2 seconds**
press, color returns fast

EMERGENCY CONTACTS

YOUR REGULAR VET — NAME & PHONE
NEAREST 24-HOUR ER VET — NAME & PHONE
PET POISON HELPLINE — PHONE

Tip: This kit is preparation, not treatment. In any real emergency, call your vet or the nearest ER vet right away — and a pet poison line if a toxin may be involved.

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.

Dog Grooming Schedule & Log

A simple way to keep grooming on track. Set how often each task is due, then log the last-done and next-due dates so nothing gets forgotten.

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

DOG'S NAME

COAT TYPE

START DATE

GROOMING SCHEDULE

TASK	HOW OFTEN	LAST DONE	NEXT DUE	DONE

AT-HOME CHECKS

- ☐ **Skin & coat**
any lumps, flaking or hot spots?
- ☐ **Ears**
smell, redness or discharge?
- ☐ **Nails**
touching the floor when standing?
- ☐ **Teeth & gums**
tartar, redness or bad breath?

Tip: Brushing little and often prevents mats. Introduce nail trims slowly with treats, and ask a groomer or vet if you're unsure how short to go.

Rescue Dog Decompression Tracker (3-3-3)

The 3-3-3 guideline maps the early stretch with a new rescue: roughly 3 days overwhelmed, 3 weeks settling in, 3 months feeling at home. Keep the world small and calm, and log the small changes below.

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

DOG'S NAME

GOTCHA DATE

FIRST 3 DAYS – OVERWHELMED

- ☐ Keep the world small
one quiet room
- ☐ Offer food and water, don't force it
- ☐ Skip visitors and big outings
- ☐ Let them hide, sleep, and decompress

FIRST 3 WEEKS – SETTLING IN

- ☐ Settle into a predictable daily routine
- ☐ Start short, calm walks
- ☐ Learn their signals
space, food, fear
- ☐ Watch a personality start to show

FIRST 3 MONTHS – FEELING AT HOME

- ☐ Build trust and a steady bond
- ☐ Reinforce the house routines
- ☐ Introduce new places slowly
- ☐ Loop in a trainer
for big worries

DAILY LOG

DAY/DATE	EATING	SLEEPING	POTTY	MOOD	WINS/WORRIES

Tip: 3-3-3 is a guide, not a deadline — some dogs move faster, some slower. Go at your dog's pace, and call your vet or a trainer for anything that worries you.

Dog Walker Instructions

Everything your walker needs, on one page. Fill it in, leave it with the leash, and walk the first route together so your cues land in person.

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

DOG'S NAME

YOUR PHONE

WALK DATE

GEAR & WHERE IT'S KEPT

- ☐ **Harness or collar**
hook by the door
- ☐ **Leash (and backup clip)**
- ☐ **Poop bags**
- ☐ **Treats for calm behavior**
- ☐ **Water on hot days**
- ☐ **House key / lockbox**

ROUTE, POTTY & RETURN

USUAL ROUTE, HOW LONG, WHERE TO POTTY, AND HOW TO LOCK UP AFTER

WHAT MY DOG REACTS TO (AND HOW TO HELP)

- ☐ **Other dogs**
cross the street, make space
- ☐ **Bikes & skateboards**
step aside, give a treat
- ☐ **Strangers / kids**
no petting without asking
- ☐ **Squirrels / cars**
short leash near the road

PLEASE DON'T LET THEM

- ☐ **Eat anything off the ground**
- ☐ **Go off-leash**
- ☐ **Greet dogs without asking**
- ☐ **Pull you toward the road**

EMERGENCY CONTACTS

WHO (ME / BACKUP / VET)	NAME	PHONE

Tip: Being honest about what sets your dog off isn't embarrassing — it's what keeps your walker and your dog safe. Note the distance where your dog stays calm, and ask the walker to keep at least that much space.