

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.