

# 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.