

# KNOW YOUR PET'S NORMAL

6-Month Wellness Tracker - a quick monthly nose-to-tail check for dogs and cats

Pet's name: \_\_\_\_\_ Age: \_\_\_\_\_ Starting weight: \_\_\_\_\_

Once a month, take about five minutes to check your pet from nose to tail. Use the boxes below to jot down what is normal, anything that changed, or a simple check mark if everything looks typical. The value is in comparing one month with the next.

| Check<br>What to notice                                                             | Month 1<br>Date: _____ | Month 2<br>Date: _____ | Month 3<br>Date: _____ | Month 4<br>Date: _____ | Month 5<br>Date: _____ | Month 6<br>Date: _____ |
|-------------------------------------------------------------------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|
| <b>Eyes</b><br>clear/comfortable; redness,<br>cloudiness, discharge                 |                        |                        |                        |                        |                        |                        |
| <b>Ears</b><br>odor, redness, debris,<br>scratching/head shaking                    |                        |                        |                        |                        |                        |                        |
| <b>Mouth &amp; teeth</b><br>gums, teeth, breath, chewing,<br>drooling               |                        |                        |                        |                        |                        |                        |
| <b>Skin &amp; coat</b><br>itching, flakes, hair loss, odor,<br>lumps/bumps          |                        |                        |                        |                        |                        |                        |
| <b>Paws &amp; nails</b><br>pads, between toes, nails,<br>licking/tenderness         |                        |                        |                        |                        |                        |                        |
| <b>Body &amp; weight</b><br>weight, ribs/waist, muscle or<br>shape changes          |                        |                        |                        |                        |                        |                        |
| <b>Appetite</b><br>amount eaten, enthusiasm,<br>new hunger/pickiness                |                        |                        |                        |                        |                        |                        |
| <b>Water &amp; urination</b><br>noticeable increase/decrease<br>or other change     |                        |                        |                        |                        |                        |                        |
| <b>Stool &amp; digestion</b><br>frequency, consistency, gas,<br>vomiting, straining |                        |                        |                        |                        |                        |                        |
| <b>Energy &amp; behavior</b><br>play, sleep, mood, interaction,<br>routines         |                        |                        |                        |                        |                        |                        |
| <b>Movement</b><br>walking, stairs, jumping,<br>stiffness or hesitation             |                        |                        |                        |                        |                        |                        |

**How to use it:** A check mark can mean “same as usual.” Write a few words when something is different (for example: “more ear scratching,” “stool softer,” “weight 18.2 lb,” or “hesitating on stairs”). Patterns across months are often easier to see when everything is on one page.

**This is an observation tool, not a diagnostic tool.** New, persistent, significant, or concerning changes should be discussed with your veterinarian. Seek prompt veterinary care for urgent symptoms such as difficulty breathing, collapse, repeated vomiting, seizures, severe pain, inability to urinate, or other signs of an emergency.