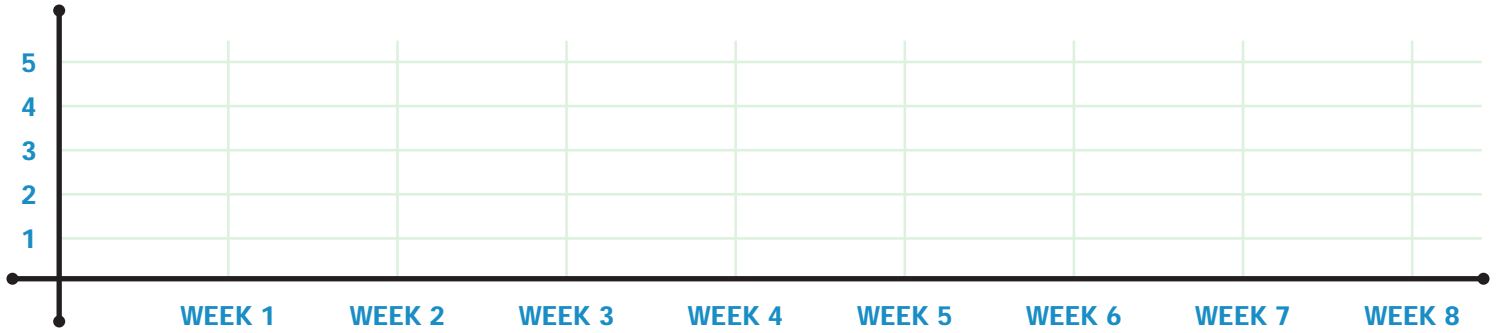


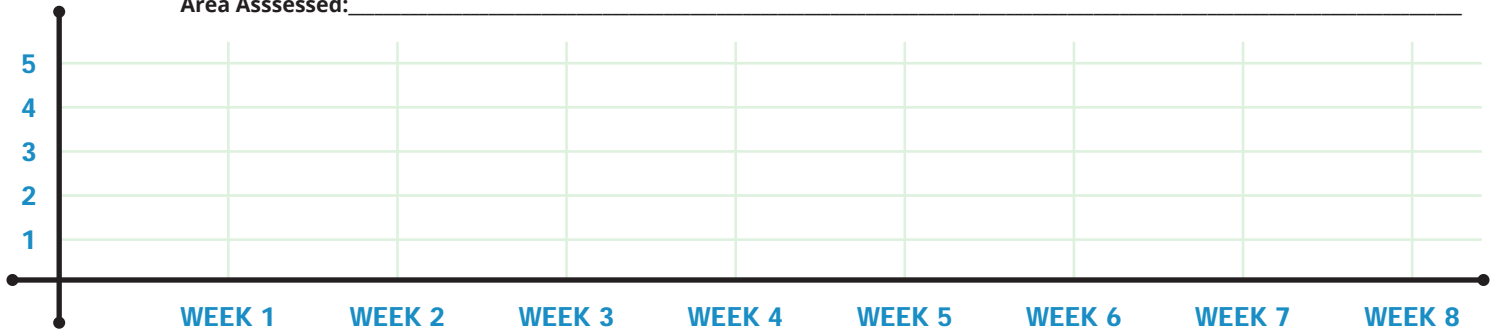
Use this worksheet to assess your pet's health at home and track their progress as you work to help your pet THRIVE! Review each of the areas listed and mark on a scale of 1 - 5 (1 being the least healthy and 5 being optimal health) where you feel your pet is. This assessment is NOT to replace a visit to your regular veterinarian. If you feel your pet is unwell, please make an appointment to see a doctor in person.

Area Assessed	Your Pet's Score: 1 - Needs Improvement	2	3	4	5 - Optimal Health
Fur Coat	Flaky, Oily, Smelly	2	3	4	Shiny, Smooth, Clean, No Odor
Teeth/Breath	Tartar, Diseased Teeth, Bad Breath	2	3	4	Healthy Looking Teeth, Normal Odor
Gums	Gingivitis (red or bleeding gums where meets the teeth), Pale/White	2	3	4	Pink, Moist Gums
Eyes	Discharge/Cloudy, Red	2	3	4	Clear, No Discharge
Ears	Smelly, Discharge, Painful/Itchy	2	3	4	Clear skin inside ears, no odor, non-painful/itchy
Body Condition Score (Can use Body Condition Score chart)	Underweight: prominent ribs/waist; Overweight: unable to easily feel ribs/see waist	2	3	4	Lean Body Weight: Able to see a waist and feel definition of ribs with gentle touch
Bathroom Habits	Excessive urination, soft/smelly stools, eliminating in inappropriate places, diarrhea, constipation	2	3	4	Elimination at regular intervals, formed stool
Energy Level	Sluggish, tires easily (Hyperactivity in cats)	2	3	4	Energetic, playful, able to do normal activities easily
Appetite	Finicky, picks at/refuses food; vomits more than 3x/wk (increased appetite for cats)	2	3	4	Readily eats food, no vomiting
Water Intake	Excessive thirst, water bowls need to be refilled more often, frequently "asks" for water. Not drinking as much as normal	2	3	4	Normal water intake

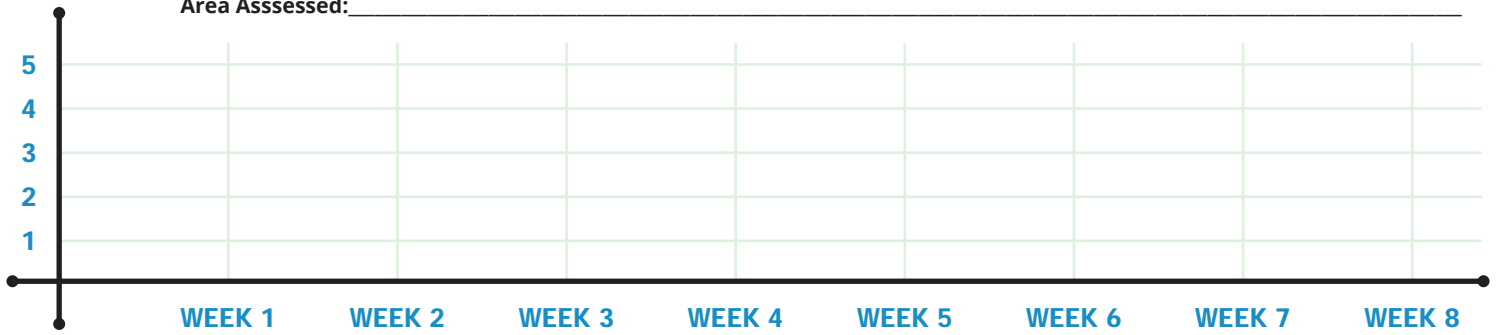
Use this helpful tool to track your pet's progress throughout the course by marking their results from the Pet Health Assessment Checklist each week.



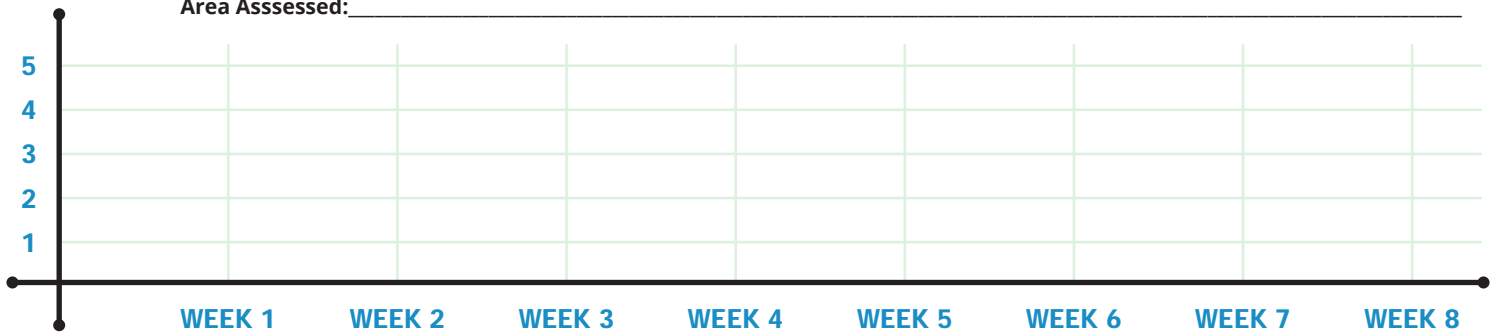
Area Assessed: _____



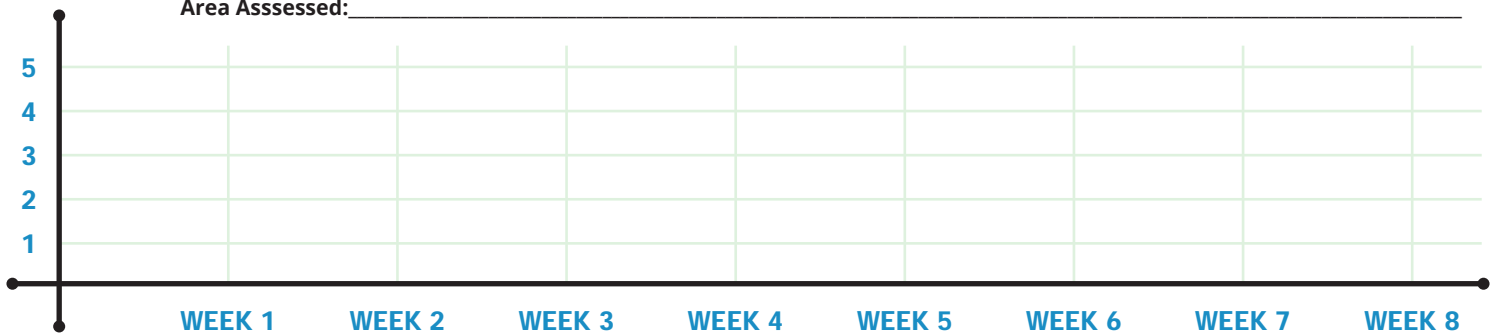
Area Assessed: _____



Area Assessed: _____

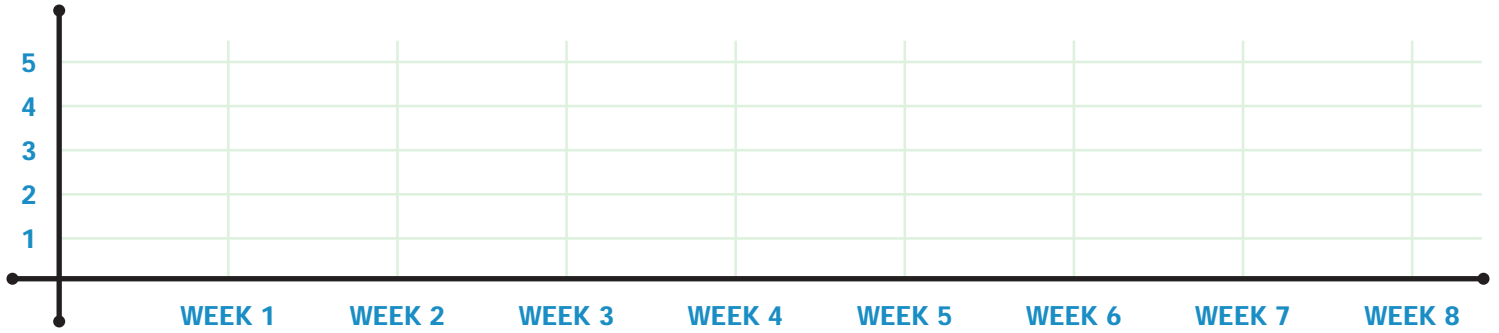


Area Assessed: _____

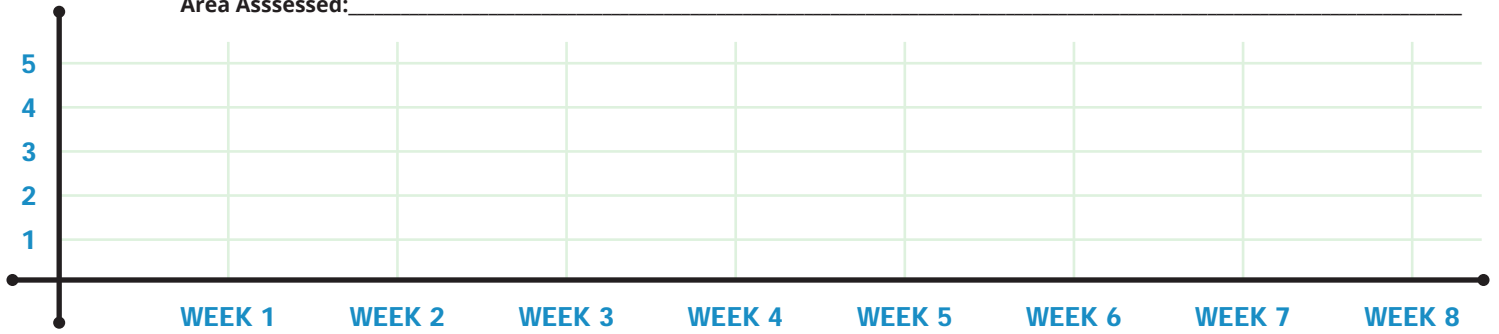


Area Assessed: _____

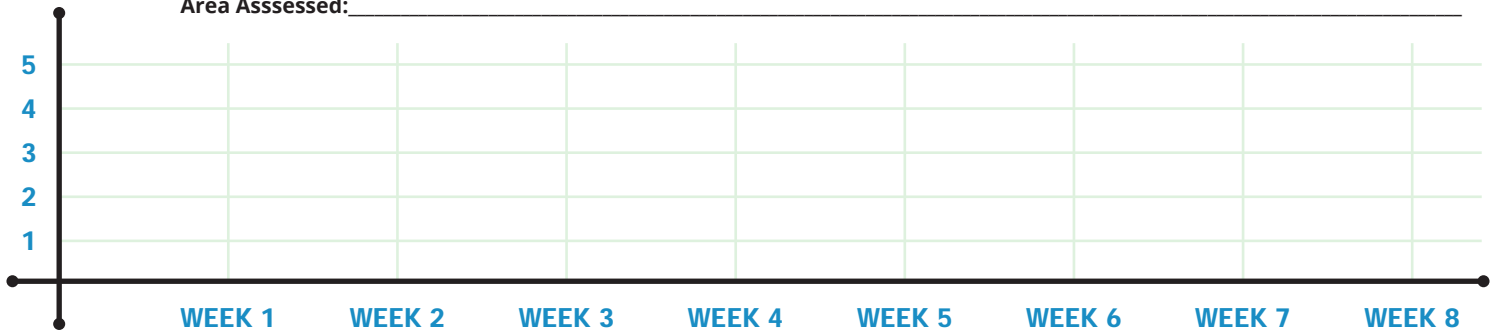
Use this helpful tool to track your pet's progress throughout the course by marking their results from the Pet Health Assessment Checklist each week.



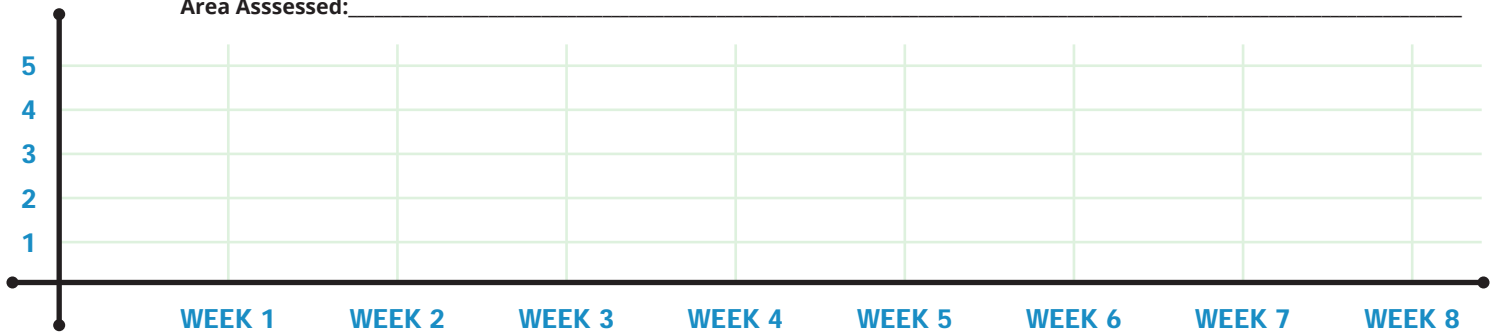
Area Assessed: _____



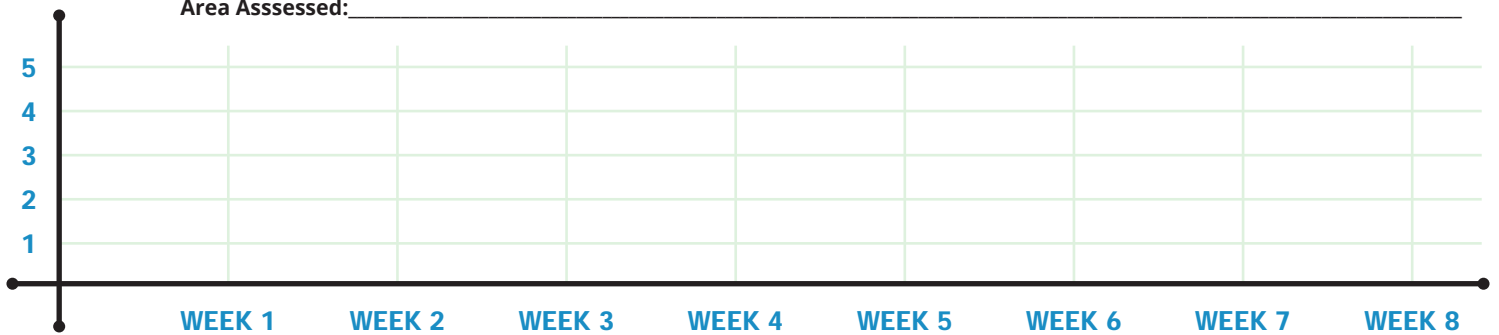
Area Assessed: _____



Area Assessed: _____



Area Assessed: _____



Area Assessed: _____