Slim Down

DAILY ACTIVITIES CHART

Is my dog fat?

Thin: Ribs and back have no fat and are easily visible. Extreme hourglass waist.

Just right: Ribs and back are easily felt through a little fat. Smooth hourglass waist.

Fat: Ribs are hard to feel. Little or no tuck in waist-line. Get started today with a slim-down plan.

Date	Times	Types of exercise	Duration / distances