Time to 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

My Dog's Plan for Healthy Weight Loss

_____'s Ideal Weight Is _____ Pounds.

WEEKLY WEIGH-IN CHART

WEEK	WEIGHT	LOSS

My Dog's New Diet

Tracking what and how much you feed your dog each day is important, and helps you and your veterinarian create a realistic weight-loss plan.

_____ Food per day

_____ Rewards per training session

2% Your dog should lose **no more than 2 percent** of his body weight per week.

Treats should make up no more than 10 percent of your dog's total diet. Stick with healthy, low-calorie treats like **carrots** and **apple slices** during his weight-loss program.

10%

Stay positive! Your dog needs a positive and enthusiastic partner to help him meet his weight-loss goals.

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