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CHECK	Your Pet is Good To Go	How You Can Help	Your Pet Needs To Go To The Veterinarian
Ears	Pink and Smell Good	Wax Debris - clean with ear wash	Foul Odor, redness or ear mites which look like coffee grounds
Eyes	Bright & clear, pupils are equally dilated & responsive, no excessive tearing	Excessive Tearing – flush with saline solution or eye wash	Cloudiness to eyes; one pupil larger than the other; excessive tearing not alleviated by saline solution or eye wash, Squinting or pawing at eye.
Nose	Shiny & Moist		Dry & cracked excessively, dripping; mucus discharge; sneezing; open wound.
Mouth	Clean white teeth with no bad order; scissor bit from teeth meeting properly; pink moist gums with CRTs 2 seconds.	Brush daily with pet specific toothpaste. Keep pet well hydrated.	Foul odor, tarter buildup; redness obvious abscess or loose teeth; uneven bite, brightened, blue, pale or white; dry or tacky gums.
Skin and Coat	Shiny, no lumps, bumps, or flakes; healthy pink; no hair loss.	Bathe, brush regularly & add Omega 3s to your dog's diet	Lumps, bumps, scabs, open sores; bald spots or extreme hair loss.
Legs & Paws	When walking, gait is smooth & even. No cuts to the pads; nails short; cat stands and moves well with no tenderness. Did you know that cats have 5 toes on the front paws and 4 on the back? Those with more are referred to as polydactyl.	Clean any pad wounds. Don't let them walk on hot or extremely cold surfaces; trim nails; exercise.	Open wounds; limping, unsteadiness; difficulty walking; getting up or lying down; dragging a limb.
Chest & Abdomen	Pink skin, no lumps, bumps, or tender areas; you can feel the ribs but not see them and the chest is lower than the tummy.	Keep your pet at a healthy weight.	Any lumps or tenderness; need to lose excessive weight.
Heart	Steady, even rhythm. Medium to Large Dogs: 60 - 160 Beats Per Minute Small Dogs and Cats: 90 - 220 Beats Per Minute	Get regular veterinary checkups and appropriate exercise.	Murmur or uneven heart beats (arrhythmia); faster or slower rate of BPM that is normal.



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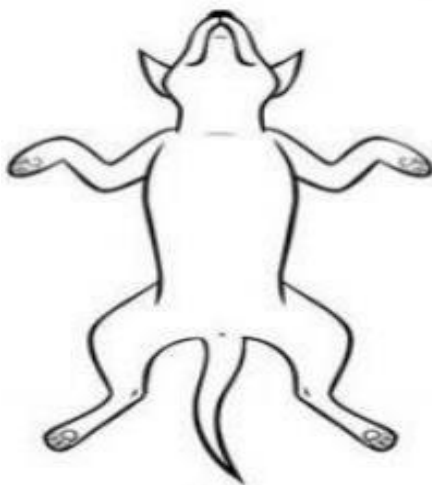
DOGS NAME: _____

Knowing what is normal
for your pet
can help you determine
what is not!

DOG

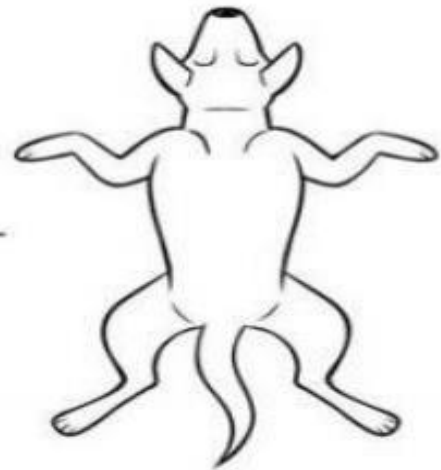
WEEKLY "HEAD-TO-TAIL CHECK-UP" WORKSHEETS FOR DOGS

Use this worksheet to note any bumps, lumps, irregularities, scars or surgeries your dog has.
Use a different color pen to note changes you find (size, color, smell, sensitivity etc.) and report them to your Veterinarian.



Belly

- Skin
- Coat / Overall appearance
- Crown / Skull
- Ears
- Eyes / Pupils
- Muzzle
- Snout
- Mouth
- Teeth
- Gums / Check capillary refill time _____
- Neck
- Hydration
- Chest / Ribs
- Abdomen
- Respirations _____
- Spine
- Front Legs
- Hind Legs
- Paws (Pads, toes, claws)
- Pulse _____
- Tail



Back

Average Heart Rate for Dogs and Cats	
Species	Average Heart Rate
Cats	160 – 200 beats per minute
Small dogs	90 – 160 beats per minute
Medium to Large dogs	65 – 90 beats per minute

Today's Date _____

- ____ Pulse
- ____ Respiration
- ____ Temperature (Normal 100.4 F – 102.5 F)
- ____ CRT (2 Seconds or Less)
- ____ Weight

Average Respiration Rate for Dogs and Cats	
Species	Average Respiration Rate
Cats and small dogs	20 – 40 breaths per minute
Medium to large dogs	10 – 30 breaths per minute

Today's Date _____

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Please note: Very large dogs and/or geriatric animals may have slower respirations. Rule of thumb is the bigger and the older the dog or cat, the slower his pulse and respiration. The smaller and younger the animal, the faster their breathing and pulse.



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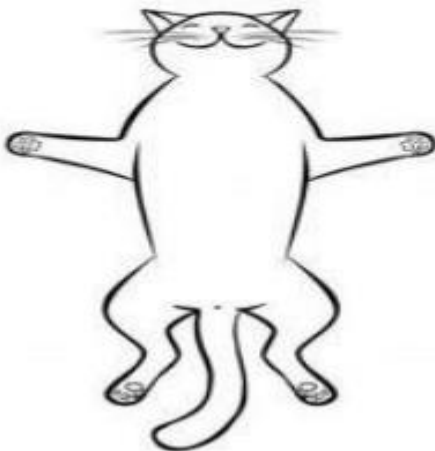
CATS NAME: _____

Knowing what is normal for your pet can help you determine what is not!

CAT

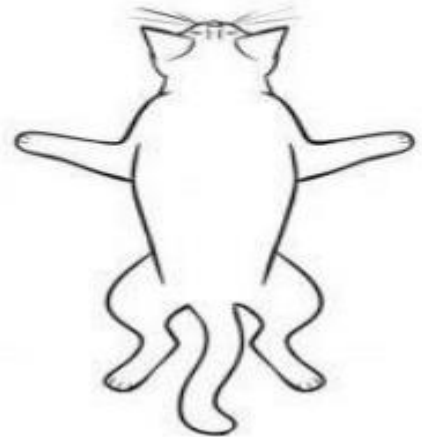
WEEKLY "HEAD-TO-TAIL CHECK-UP" WORKSHEETS FOR CATS

Use this worksheet to note any bumps, lumps, irregularities, scars or surgeries your cat has. Use a different color pen to note changes you find (size, color, smell, sensitivity etc.) and report them to your Veterinarian.



Belly

- Skin
- Coat / Overall appearance
- Crown / Skull
- Ears
- Eyes / Pupils
- Muzzle
- Snout
- Mouth
- Teeth
- Gums / Check capillary refill time _____
- Neck
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- Chest / Ribs
- Abdomen
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