

**Slim**

**Down**

## DAILY ACTIVITIES CHART

<b>Date</b>	<b>Time</b>	<b>Types of Exercise</b>	<b>Duration/Distance</b>

# 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

Snacks \_\_\_\_\_ Per Day

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

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

Remember to Stay positive!  
Your Dog will Love You for It!

