

Aloha Animal Hospital's Pet Wellness Planning



My Dog's Wellness Checklist

Please check all that apply to your dog:



Date:

Owner:

Pet:

Life Style Questions

- We take our dog to dog parks, hiking, or on walks in common areas in our neighborhood.
- We travel with our pets.
- We board our pets when we travel.
- Our kids are active with our pets.
- My dog is sleeping more, is less active.
- My dog seems confused or disoriented.
- My dog is just not acting like himself/herself.

Body Functions

- My dog has bad breath.
- My dog has gained / lost weight. (Circle one)
- My dog is drinking more water than usual.
- My dog is urinating more frequently than usual.
- My dog's bowel habits have changed (increased frequency, diarrhea, constipation, straining). (circle all that apply)
- My dog vomits more than occasionally.
- My dog seems to have trouble seeing or hearing.

Heart / Lungs

- My dog seems to be panting more.
- My dog tires more rapidly or seems short of breath.

Activity / Orthopedics

- I have noticed a change in my dog's behavior or activity level.
- My dog has difficulty getting up, climbing stairs and jumping.
- My dog lags behind on walks.
- My dog limps, especially after exercise.

Skin and Coat

- My dog scratches, licks, or chews excessively.
- My dog has changes in hair coat, skin, or new lumps or bumps.
- My dog's skin or ears have an odor.
- My dog scratches it's ears and shakes it's head a lot.

My Wellness Preferences

- I want to take all precautions to keep my pet healthy.
- I am interested in preventative care but need more info.
- I am not interested in preventative care today.

Circle your dog's age in Human Years.

AGE	dog's age in human years			
	0-20 lbs	20-50 lbs	50-90 lbs	>90 lbs
1	7	7	8	9
2	13	14	16	18
3	20	21	24	26
4	26	27	31	34
5	33	34	38	41
6	40	42	45	49
7	44	47	50	56
8	48	51	55	64
9	52	56	61	71
10	56	60	66	78
11	60	65	72	86
12	64	69	77	93
13	68	74	82	101
14	72	78	88	108
15	76	83	93	115
16	80	87	99	123
17	84	92	104	131
18	88	96		
19	92	101		

color key

