



Nutrition Journal and Calorie Tracker

This journal is designed to help you keep track of how many calories your pet is receiving. The only way that this will help your veterinarian is if you are as honest and as accurate as possible. We understand that many dogs enjoy treats and human food. We do not intend to completely eliminate these from their diet, but need to understand how many calories they are receiving in order to make dietary recommendations. To get started, we ask that you keep a journal for 7 days as this will give us a snap shot of what your dog typically eats. Tracking calories may also be prescribed as part of a Weight Loss Program.

Reputable dog foods and treats should list the caloric content of the food on the label. If you cannot find the caloric content, leave the spaces blank. Calorie content of many human foods can be found here: <https://ndb.nal.usda.gov/ndb/>

We have provided a few days of blank tables to get started. You can make additional copies as needed.

