

## A simple line drawing of a dog and a cat sitting side-by-side. The dog is on the left, facing forward, and the cat is on the right, facing forward. They are both sitting on a horizontal line representing the ground. The drawing is minimalist, using only black outlines on a white background.

**5 = WELL ABOVE OPTIMAL**

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- ☐ 1 = Extremely lethargic, refuses to move
- ☐ 2 = Less playful or alert, slower than usual
- ☐ 3 = Balanced, normal daily activity 🐾
- ☐ 4 = Energetic, more playful or alert than usual
- ☐ 5 = Overactive, restless, can't settle

- ☐ 1 = Refuses food, no interest in food
- ☐ 2 = Picky eating, slower or reduced intake
- ☐ 3 = Eating normally, usual appetite level 🐾
- ☐ 4 = Increased interest in food, finishes quickly
- ☐ 5 = Excessive hunger, food-seeking constantly

- ☐ 1 = Drinking vert little, urinating rarely
- ☐ 2 = Slightly reduced, may skip drinks
- ☐ 3 = Drinking & urinating normally 🐾
- ☐ 4 = Drinking/urinating more often than normal
- ☐ 5 = Excessive thirst or frequent urination

- ☐ 1 = Hard, dry, difficult-to-pass stool
- ☐ 2 = Slightly firm or infrequent stools
- ☐ 3 = Well formed, easy, healthy stool 🐾
- ☐ 4 = Slightly loose stool, mild increase
- ☐ 5 = Watery stool, diarrhea

- ☐ 1 = Very dry, flaky, or brittle coat
- ☐ 2 = Mild dryness, itching, or dullness
- ☐ 3 = Healthy, balanced, smooth, normal coat 🐾
- ☐ 4 = Slightly oily or mild irritation
- ☐ 5 = Redness, greasy coat, or hot spot

- ☐ 1 = Withdrawn, anxious, avoids interaction
- ☐ 2 = Quieter, less playful or responsive
- ☐ 3 = Typical/normal engagement/mood 🐾
- ☐ 4 = More active, clingy, or excitable
- ☐ 5 = Overstimulated, anxious, or hyperactive

- ☐ 1 = Underweight, ribs easily visible
- ☐ 2 = Slightly lean, mild muscle loss
- ☐ 3 = Balanced, ideal body condition 🐾
- ☐ 4 = Slightly overweight less waist definition
- ☐ 5 = Obese, difficult moving freely


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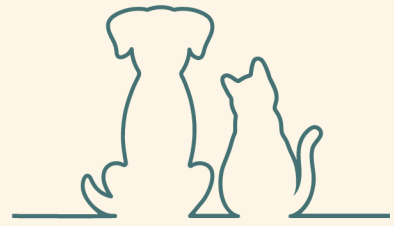
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# Weekly Reflection



WEEK : \_\_\_\_\_

## AVERAGE WELLNESS SCORES (AVERAGE SCORE 1-5)

ENERGY LEVEL:	
APPETITE:	
HYDRATION & URINATION:	
DIGESTIVE HEALTH:	
SKIN & COAT:	
BEHAVIOR & MOOD:	
WEIGHT & BODY CONDITION:	

## REFLECTION PROMPTS

WHAT CHANGES DID I NOTICE IN MY PET'S HABITS THIS WEEK?


WHICH AREAS STAYED BALANCED OR IMPROVED?


WHICH AREAS WORSENEDED?


DID ANY SCORES MOVE BELOW OR ABOVE OPTIMAL 3?


DO THESE MATCH ANY OF THE 5 SIGNS OF METABOLIC IMBALANCE?
