

NEOTERRIC

# Pet Wellness Journal

BECAUSE NOTICING THE SMALL  
CHANGES CAN PREVENT THE BIG ONES

This Journal Belongs To:

-----

# Why Track Your Pet's Wellness?

YOUR PET'S METABOLIC HEALTH IS ALWAYS AT WORK, QUIETLY GUIDING HOW THEY FEEL, MOVE, AND THRIVE EVERY DAY. BECAUSE IT OPERATES IN THE BACKGROUND, THE FIRST SIGNS OF IMBALANCE CAN BE EASY TO MISS UNTIL THEY BECOME BIG ISSUES.

THAT'S WHY TRACKING MATTERS. SMALL CHANGES IN APPETITE, ENERGY, BEHAVIOR, OR WEIGHT ARE OFTEN THE EARLIEST CLUES THAT SOMETHING DEEPER IS HAPPENING. WHEN YOU TAKE A FEW MOMENTS TO LOG THESE SHIFTS, YOU'RE NOT ONLY CARING FOR YOUR PET DAY TO DAY, YOU'RE BUILDING A POWERFUL STORY OF THEIR HEALTH OVER TIME.

## THIS JOURNAL WILL HELP YOU:

- NOTICE SUBTLE CHANGES SOONER, SO YOU CAN RESPOND BEFORE THEY ESCALATE.
- SUPPORT CONVERSATIONS WITH YOUR VETERINARIAN BY GIVING THEM A CLEARER PICTURE OF YOUR PET'S DAILY LIFE.
- EMPOWER YOURSELF AS A PROACTIVE PET PARENT BY STRENGTHENING YOUR ROLE IN YOUR PET'S LONG-TERM HEALTH AND HAPPINESS.

TOGETHER, THESE SMALL OBSERVATIONS CAN MAKE A BIG DIFFERENCE IN YOUR PET'S VITALITY, RESILIENCE, AND LONGEVITY.

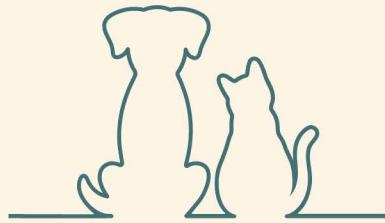
**WITH YOU, FOR THEM,**

**YOUR TEAM AT NEOTERRIC**

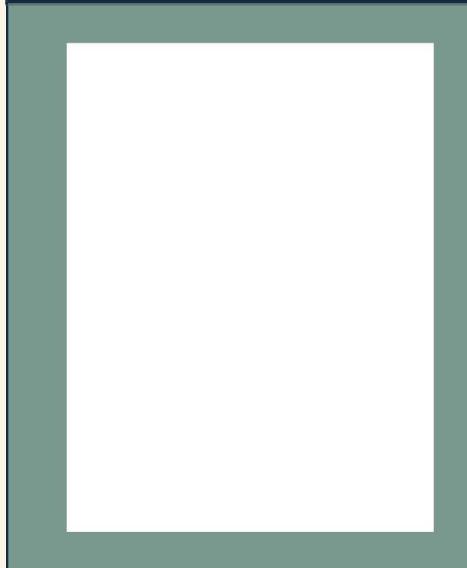


# My Pet Information

OWNER : \_\_\_\_\_



## BASIC INFORMATION



NAME: \_\_\_\_\_

DOB: \_\_\_\_\_

AGE: \_\_\_\_\_

SEX: \_\_\_\_\_

SPAYED/NEUTERED: \_\_\_\_\_

BREED: \_\_\_\_\_

NOTES: \_\_\_\_\_

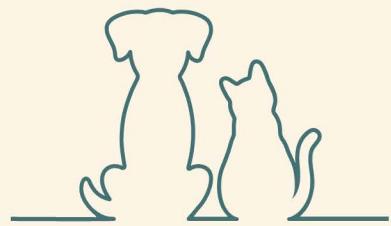
## DAILY ROUTINE

FOOD BRAND & AMOUNT:	_____
EAT TIME:	_____
SLEEP TIME:	_____
PLAY TIME:	_____
WALK TIME:	_____

## OBSERVATIONS

APPROVES	DISAPPROVES	CALMS

# Medication & Health History



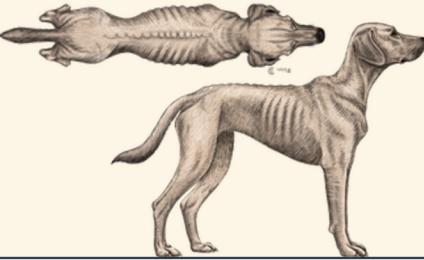
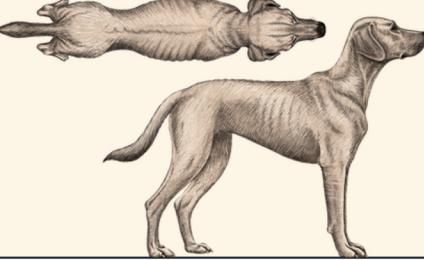
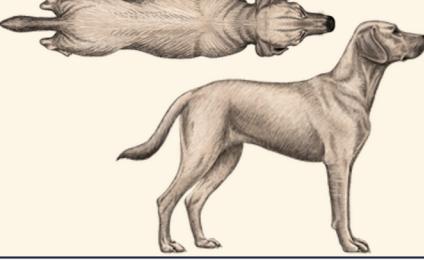
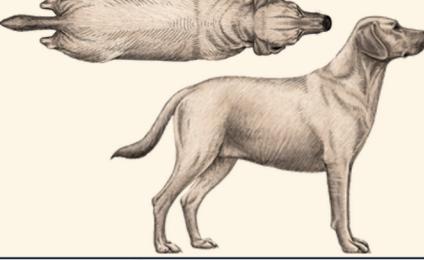
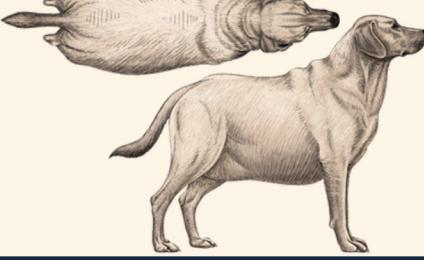
## VET DETAILS

VET NAME:	
ADDRESS:	
PHONE NUMBER:	
EMAIL:	
WEBSITE:	

## CURRENT MEDICAL DIAGNOSES

## CURRENT MEDICATIONS & SUPPLEMENTS

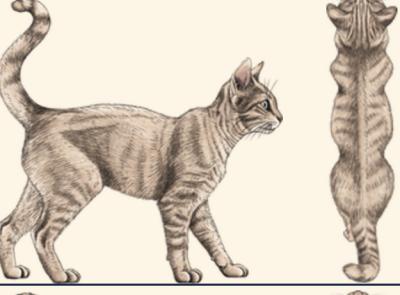
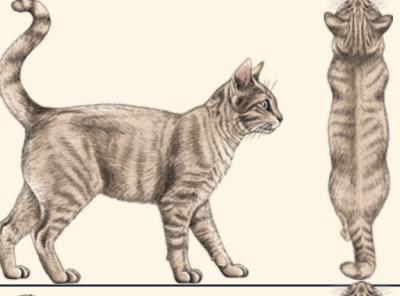
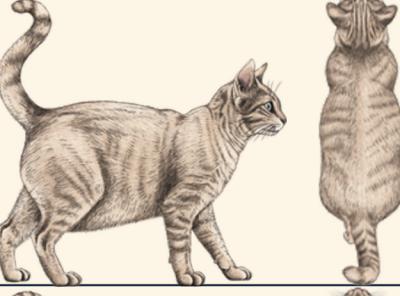
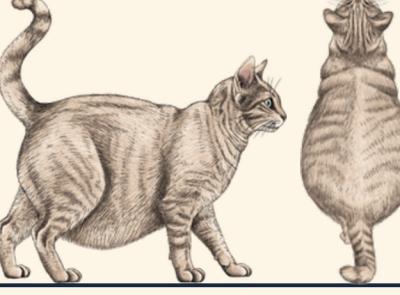
# Body Condition Score (BCS) Guide for Dogs\*

SCORE	PICTURES	CHARACTERISTICS
1		<b>VERY THIN:</b> Ribs, spine & hip bones are easily visible. Fat can not be seen or felt under the skin. Obvious loss of muscle mass. Extreme waist & abdominal tuck. (**BCS 1/9)
2		<b>THIN:</b> Ribs, spine & hip bones are easy to feel and visible. Fat can not be seen or felt under the skin, especially around the ribs & lower back. Obvious waist & abdominal tuck. Some muscle loss. (BCS 3/9)
3		<b>IDEAL:</b> Ribs, spine & hip bones are easily felt & may be visible. Waist & abdominal tuck are seen when viewed from above & side. Fat can be felt around ribs, spine & hip bones. (BCS 5/9)
4		<b>OVERWEIGHT:</b> Ribs, spine & hip bones are not visible & difficult to feel. Excess fat is felt around ribs, spine & hip bones. Waist & abdominal tuck are minimal or absent. (BCS 7/9)
5		<b>OBESITY:</b> Ribs, spine & hip bones are difficult to feel under a thick layer of fat. Waist & abdomen distended when viewed from above & side. Prominent fat deposits over lower spine, neck & chest. (BCS 9/9)

\*Adapted from 2024 APOP BCS Chart for Dogs: <https://www.petobesityprevention.org/dogbcs>

\*\* Visit chart to see full BCS Chart out of 9

# Body Condition Score (BCS) Guide for Cats\*

SCORE	PICTURES	CHARACTERISTICS
1		<b>VERY THIN:</b> Ribs, spine & hip bones are easily visible. Fat can not be seen or felt under the skin. Obvious loss of muscle mass. Extreme waist and abdominal tuck. (**BCS 1/9)
2		<b>THIN:</b> Ribs, spine & hip bones are easy to feel and visible. Fat can not be seen or felt under the skin, especially around the ribs & lower back. Obvious waist & abdominal tuck. Some muscle loss. (BCS 3/9)
3		<b>IDEAL:</b> Ribs, spine & hip bones are easily felt & may be visible. Waist & abdominal tuck are seen when viewed from above & side. Fat can be felt around ribs, spine & hip bones. (BCS 5/9)
4		<b>OVERWEIGHT:</b> Ribs, spine & hip bones are not visible & difficult to feel. Excess fat is felt around ribs, spine & hip bones. Waist & abdominal tuck are minimal or absent. (BCS 7/9)
5		<b>OBESITY:</b> Ribs, spine & hip bones are difficult to feel under a thick layer of fat. Waist & abdomen distended when viewed from above & side. Prominent fat deposits over lower spine, neck & chest. (BCS 9/9)

\*Adapted from 2024 APOP BCS Chart for Cats: <https://www.petobesityprevention.org/catbcs>

\*\* Visit chart to see full BCS Chart out of 9

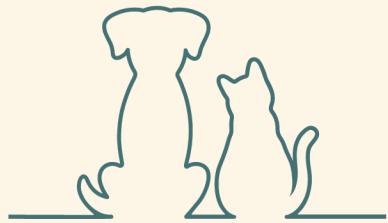
# Fecal Scoring Chart for Dogs & Cats\*

SCORE	PICTURES	CHARACTERISTICS
1		<b>HARD &amp; DRY &amp; DIFFICULT TO PASS STOOL:</b> Often expelled as individual pellets. Requires much effort to expel from body. Leaves no residue on ground when picked up.
2		<b>SLIGHTLY FIRM OR INFREQUENT STOOLS:</b> The stool has a clearly defined shape with visible cracks. It leaves very little residue on the ground when picked up
3		<b>WELL FORMED, EASY, HEALTHY STOOL:</b> Log shaped with moist surface. Little or no visible segmentation. Leaves a little residue on the ground but holds form when picked up
4		<b>SLIGHTLY LOOSE STOOL, MILD INCREASE IN FREQUENCY:</b> Very moist and soggy, present in piles rather than logs. Leaves residue on ground and loses form when picked up
5		<b>WATERY STOOL/DIARRHEA:</b> Watery. No texture to some texture but no defined shape. Present in flat puddles. Leaves residue on ground when try to pick up

\*Adapted from AnimalBiome 2025 Scoring Charts: [https://www.instagram.com/p/DPEWtArgd\\_b/?img\\_index=3](https://www.instagram.com/p/DPEWtArgd_b/?img_index=3)

\*\* Visit chart to see full Fecal Scoring Chart out of 7

# Wellness Scale Guide

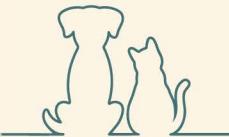


BECAUSE BALANCE, NOT EXTREMES  
DEFINES TRUE HEALTH

SCORE	MEANING	HOW TO INTERPRET
1	WELL BELOW OPTIMAL	Clear imbalance or distress; function or behavior much lower than your pet's usual state
2	SLIGHTLY BELOW OPTIMAL	Mild decrease or variation; keep an eye on this if it continues
3	BALANCED/ OPTIMAL	Your pet's healthy, steady state that is comfortable, consistent, in balance
4	SLIGHTLY ABOVE OPTIMAL	Mild increase or elevation; keep an eye on this if it continues
5	WELL ABOVE OPTIMAL	Clear excess or overactivity, function or behavior much higher than your pet's usual state

# Daily Wellness Log





**DATE :**

## ENERGY LEVEL

- 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

## APPETITE

- 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

## HYDRATION & URINATION

- 1 = Drinking very 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

## DIGESTIVE HEALTH

- 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

## SKIN & COAT

- 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

## BEHAVIOR & MOOD

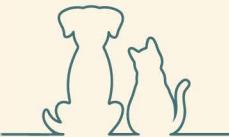
- 1 =** Withdrawn, anxious, avoids interaction
  - 2 =** Quieter, less playful or responsive
  - 3 =** Typical/normal engagement/mood 
  - 4 =** More active, clingy, or excitable
  - 5 =** Overstimulated, anxious, or hyperactive

## WEIGHT & BODY CONDITION

- 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**

## NOTES

# Daily Wellness Log



DATE : \_\_\_\_\_

## SCALE ANCHORS FOR JOURNAL

- 1 = WELL BELOW OPTIMAL
- 2 = SLIGHTLY BELOW OPTIMAL
- 3 = BALANCED/OPTIMAL
- 4 = SLIGHTLY ABOVE OPTIMAL
- 5 = WELL ABOVE OPTIMAL

### ENERGY LEVEL

- 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

### APPETITE

- 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

### HYDRATION & URINATION

- 1 = Drinking very 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

### DIGESTIVE HEALTH

- 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

### SKIN & COAT

- 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

### BEHAVIOR & MOOD

- 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

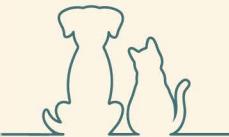
### WEIGHT & BODY CONDITION

- 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

### NOTES


# Daily Wellness Log





**DATE :**

## ENERGY LEVEL

- 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

## APPETITE

- 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**

## HYDRATION & URINATION

- 1 = Drinking very 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

## DIGESTIVE HEALTH

- 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

## SKIN & COAT

- 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

## BEHAVIOR & MOOD

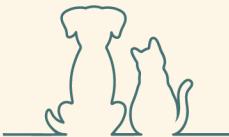
- 1 =** Withdrawn, anxious, avoids interaction
  - 2 =** Quieter, less playful or responsive
  - 3 =** Typical/normal engagement/mood 
  - 4 =** More active, clingy, or excitable
  - 5 =** Overstimulated, anxious, or hyperactive

## WEIGHT & BODY CONDITION

- 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**

## NOTES

# Daily Wellness Log



DATE : \_\_\_\_\_

## SCALE ANCHORS FOR JOURNAL

- 1 = WELL BELOW OPTIMAL
- 2 = SLIGHTLY BELOW OPTIMAL
- 3 = BALANCED/OPTIMAL
- 4 = SLIGHTLY ABOVE OPTIMAL
- 5 = WELL ABOVE OPTIMAL

### ENERGY LEVEL

- 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

### APPETITE

- 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

### HYDRATION & URINATION

- 1 = Drinking very 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

### DIGESTIVE HEALTH

- 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

### SKIN & COAT

- 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

### BEHAVIOR & MOOD

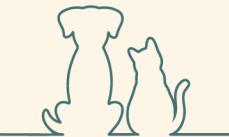
- 1 = Withdrawn, anxious, avoids interaction
- 2 = Quieter, less playful or responsive
- 3 = Typical/normal engagement/mood 
- 4 = More active, clingy, or excitable
- 5 = Overstimulated, anxious, or hyperactive

### WEIGHT & BODY CONDITION

- 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

### NOTES


# Daily Wellness Log



DATE : \_\_\_\_\_

## SCALE ANCHORS FOR JOURNAL

- 1 = WELL BELOW OPTIMAL
- 2 = SLIGHTLY BELOW OPTIMAL
- 3 = BALANCED/OPTIMAL
- 4 = SLIGHTLY ABOVE OPTIMAL
- 5 = WELL ABOVE OPTIMAL

### ENERGY LEVEL

- 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

### APPETITE

- 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

### HYDRATION & URINATION

- 1 = Drinking very 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

### DIGESTIVE HEALTH

- 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

### SKIN & COAT

- 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

### BEHAVIOR & MOOD

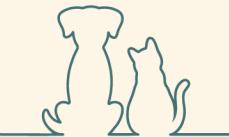
- 1 = Withdrawn, anxious, avoids interaction
- 2 = Quieter, less playful or responsive
- 3 = Typical/normal engagement/mood 
- 4 = More active, clingy, or excitable
- 5 = Overstimulated, anxious, or hyperactive

### WEIGHT & BODY CONDITION

- 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

### NOTES


# Daily Wellness Log



DATE : \_\_\_\_\_

## SCALE ANCHORS FOR JOURNAL

- 1 = WELL BELOW OPTIMAL
- 2 = SLIGHTLY BELOW OPTIMAL
- 3 = BALANCED/OPTIMAL
- 4 = SLIGHTLY ABOVE OPTIMAL
- 5 = WELL ABOVE OPTIMAL

### ENERGY LEVEL

- 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

### APPETITE

- 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

### HYDRATION & URINATION

- 1 = Drinking very 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

### DIGESTIVE HEALTH

- 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

### SKIN & COAT

- 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

### BEHAVIOR & MOOD

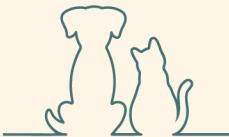
- 1 = Withdrawn, anxious, avoids interaction
- 2 = Quieter, less playful or responsive
- 3 = Typical/normal engagement/mood 
- 4 = More active, clingy, or excitable
- 5 = Overstimulated, anxious, or hyperactive

### WEIGHT & BODY CONDITION

- 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

### NOTES


# Daily Wellness Log



DATE : \_\_\_\_\_

## SCALE ANCHORS FOR JOURNAL

- 1 = WELL BELOW OPTIMAL
- 2 = SLIGHTLY BELOW OPTIMAL
- 3 = BALANCED/OPTIMAL
- 4 = SLIGHTLY ABOVE OPTIMAL
- 5 = WELL ABOVE OPTIMAL

### ENERGY LEVEL

- 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

### APPETITE

- 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

### HYDRATION & URINATION

- 1 = Drinking very 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

### DIGESTIVE HEALTH

- 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

### SKIN & COAT

- 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

### BEHAVIOR & MOOD

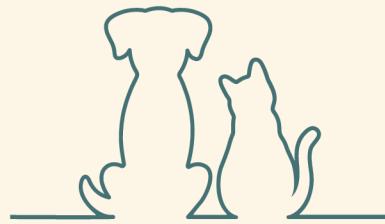
- 1 = Withdrawn, anxious, avoids interaction
- 2 = Quieter, less playful or responsive
- 3 = Typical/normal engagement/mood 
- 4 = More active, clingy, or excitable
- 5 = Overstimulated, anxious, or hyperactive

### WEIGHT & BODY CONDITION

- 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

### NOTES


# 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 WORSENED?

DID ANY SCORES MOVE BELOW OR ABOVE OPTIMAL 3?

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