

# the neltimate legitile DOG CARE PLANNER 

THE ESSENTIAL DOG OWNER'S WORKBOOK AND TRACKER FOR MANAGING YOUR DOG'S DAILY LIFE


## VETERINARIAN INFORMATION

## VET CLINIC

## CLINIC NAME:

ADDRESS:

## VETERINARIAN NAME::

CLINIC PHONE \#:


## GROOMER

## NAME:

## ADDRESS:

## PHONE \#:

EMAIL:

## SITTER

## NAME:

## ADDRESS:

## PHONE \#:

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## OTHER CONTACTS

## NAME:

PHONE \#:
RELATIONSHIP:

NAME:
PHONE \#:
RELATIONSHIP:

NAME:
PHONE \#:
RELATIONSHIP:

## GENERAL INFORMATION

## ABOUT MY PET

PET NAME:

MICROCHIP \#:

FUR COLOR/MARKINGS:
TYPE/BREED:

SPAYED/NEUTERED:YESNO

## HEALTH/WELLNESS

## MEDICATIONS:

## ALLERGIES:

INJURIES OR ISSUES:

## CONTACT

NAME:

NAME:

VETERINARIAN NAME:

PHONE \#:

PHONE \#:

CLINIC NAME:

DAILY ROUTINE NOTES (schedule, food, water, treats, walks, etc)

## GROOMING NOTES

PET NAME:
TIME/DATE: COST:GROOMER:PHONE \#:
SERVICES/TREATMENTS:
PET NAME:
TIME/DATE: COST:
GROOMER:PHONE \#:
SERVICES/TREATMENTS:
PET NAME:
TIME/DATE: COST:
GROOMER:PHONE \#:
SERVICES/TREATMENTS:
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SERVICES/TREATMENTS:
PET NAME:
TIME/DATE:
COST:
GROOMER:
PHONE \#:
SERVICES/TREATMENTS:
emergency \& first aid Chucklist

## EMERGENCY INFORMATION

## VETERINARIAN INFORMATION

VETERINARIAN NAME \& ADDRESS:

VETERINARIAN PHONE NUMBER:

VETERINARIAN CLINIC ADDRESS:

CLINIC EMERGENCY PHONE NUMBER:

## EMERGENCY \& FIRST AID NOTES

## FIRST AID SUPPLIES FOR KIT

$\square$ PET-SAFE BANDAGES AND GAUZE
 ADHESIVE TAPE
$\square$ ANTISEPTIC WIPES OR SOLUTION HYDROGEN PEROXIDE (3\%)

$\square$DIGITAL THERMOMETER
$\square$ COTTON BALLES/SWABS
$\square$ TWEEZERS
$\square$ STYPTIC POWDER
$\square$ STERILE SALINE EYEWASH
$\square$ ANTIBIOTIC OINTMENT
$\square$ DISPOSABLE GLOVES INSTANT COLD PACK $\square$ RECTAL THERMOMETERPET-FRIENDLY PAIN RELIEVERtick remover tool
$\square$ PETROLEUM JELLY
$\square$ ACTIVATED CHARCOAL
$\square$ VET WRAP
$\square$ SMALL SYRINGE
$\square$ EMERGENCY CONTACT CARD

## VET VISITS

## VISITS TO VETERINARIAN

## PET NAME:

## DATE OF VISIT:

## VETERINARIAN'S NAME:

## REASON FOR VISIT:

DIAGNOSIS/TREATMENT:

## MEDICATIONS:

INSTUCTIONS/NOTES:

## PET NAME:

DATE OF VISIT: VETERINARIAN'S NAME:
REASON FOR VISIT:
DIAGNOSIS/TREATMENT:
MEDICATIONS:
INSTUCTIONS/NOTES:
PET NAME:
DATE OF VISIT: VETERINARIAN'S NAME:
REASON FOR VISIT:
DIAGNOSIS/TREATMENT:
MEDICATIONS:
INSTUCTIONS/NOTES:

- (as vaccination Trackor

VACCINATIONS

| PET NAME | VACCINATION | NEXT VISIT |  |  |
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FLEA, TICK \& WORM MEDS Trackor

MEDICATION LOG

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allergies Trackor

ALLERY DOCUMENTATION

| PET NAME | DATE | ALLERY/SYMPTOMS | TREATMENT/NOTES |
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TRACKER

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## Orange, Yellow or Pale

The presence of red in a dog's stool signifies fresh blood, whereas black, tarry stool is indicative of older blood. Black stool suggests bleeding somewhere deeper within the dog's gastrointestinal tract, while red indicates more superficial bleeding.


Runny stool in dogs can range from a reaction to eating something they shouldn't have, to an infection with Giardia, an intestinal Runny parasite. If the diarrhea is explosive, bloody, and foul-smelling, it could be a symptom of Parvovirus, a serious and often fatal condition.


Hard stool in dogs can indicate dehydration, ingestion of a foreign object, or a diet high in bones or rawhide chews, which may cause difficulty in passing stool. Insufficient fiber or inadequate exercise can also contribute to this issue.


Stool that has an exceptionally bad odor can be a sign of parasites, infection, irritable bowel syndrome, or malabsorption syndrome. Such conditions often affect the digestion and absorption of nutrients, leading to smelly feces.


## White or Tan Flecks

Stools of these colors in dogs could be a sign of liver or biliary disease. The unusual coloration is often related to issues in the processing of bile or liver function. Changes in stool color like this can also indicate problems with digestion or nutrient absorption, requiring closer observation.

Foul-Smelling

The appearance of white or tan flecks in a dog's poop can be alarming, as it often indicates a severe infestation of roundworms or tapeworms. These flecks are actually pieces of the worms.


If a dog is passing less stool than the volume of food they consume,

## Small

 Amounts it could be a sign of a foreign object in the digestive tract. Such objects can obstruct the bowel, hindering the normal movement and elimination of feces.

MILESTONES

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## PET INSURANCE NOTES

# FOOD \& FEEDING Gchedula 

## SCHEDULE

| DATE | TIME | FOOD TYPE | AMOUNT | NOTES |
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FAVORITE FOODS

| FOOD/TREAT | ENJOYMENT | AMOUNT | REACTION NOTES |
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|  |  |  |  |
|  |  |  |  | HEALTHY VS. HARMFUL

## HEALTHY FOODS FOR DOGS

$\square$ LEAN MEATS: Cooked chicken, turkey, beef, and lean pork, with all fat and bones removed.
$\square$ FRUITS: Slices of apples (without seeds), bananas, blueberries, strawberries, and watermelon (without seeds or rind).
$\square$ VEGETABLES: Carrots, green beans, broccoli, spinach, peas, and pumpkin (all plain and can be cooked or raw).WHOLE GRAINS: Cooked oatmeal, brown rice, and quinoa, provided they're plain and free of any additives.
$\square$ COOKED EGGS: An excellent source of protein and can be given whole or just the whites.
$\square$ FISH: Cooked salmon and sardines (in water, without bones) for omega-3 fatty acids.
$\square$ SWEET POTATOES: Cooked, skinless, and plain, offering a rich source of dietary fiber and vitamins.

## HARMFUL FOOD FOR DOGS

CHOCOLATE: All types, including dark chocolate, milk chocolate, and white chocolate.GRAPES AND RAISINS: Even small amounts can be very toxic.ONIONS, GARLIC, AND CHIVES: In all forms (raw, cooked, powder), these can cause gastrointestinal irritation.XYLITOL: Found in sugar-free gum, candies, baked goods, and some diet foods.AVOCADO: The flesh, pit, and skin can be harmful.ALCOHOL: Even small amounts of alcohol, including foods that contain alcohol, can be dangerous.CAFFEINE: Coffee, tea, and any other food or drink containing caffeine are toxic.MACADAMIA NUTS: Can cause weakness, depression, vomiting, tremors, and hyperthermia.YEAST DOUGH: Can rise and cause gas to accumulate in your dog's digestive system.MOLDY FOODS: Can contain toxins that may cause serious health issues.PITS AND SEEDS FROM FRUITS: Such as peach pits, plum pits, and apple seeds - can be toxic or cause intestinal blockage.

## FOOD TO GIVE IN MODERATION

CHEESE: High in fat, so it should be given in small amounts.PEANUT BUTTER: Ensure it's xylitol-free and give in moderation due to high fat.COOKED SALMON: A good source of omega-3 fatty acids, but too much can lead to weight gain.EGGS: Although healthy, they should be given in moderation due to their fat content.DAIRY PRODUCTS: Some dogs may be lactose intolerant, so products like yogurt should be given in small quantities.
# FOOD \& TREAT Kcipas 

## RECIPE NAME:

PREP TIME:
COOK TIME:
INGREDIENT LIST

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RECIPE INSTRUCTIONS
dog Walking $\log$

TRACKER

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|  |  |  |  |  |  | REGULAR DOG DUTIES

## DAILY DUTIES

Feeding: Provide two balanced meals a day.Fresh Water: Ensure constant access to clean water.Walks: Multiple walks for exercise and bathroom breaks.Playtime: Engage in play to stimulate their mind and body.Training: Practice commands and tricks to enhance obedience.Potty Breaks: Several breaks throughout the day and night.Companionship: Spend quality time together to strengthen your bond

## WEEKLY DUTIES

Brushing: Brush their coat to remove loose fur and dirt.
Weight Check: Monitor their weight to ensure a healthy diet.
Nail Check: Check if nails need trimming to avoid overgrowth.Ear Cleaning: Clean ears gently to prevent infections.Teeth Cleaning: Use dog toothpaste and brush to maintain oral health.

## MONTHLY DUTIES

Flea and Tick Prevention: Apply preventative treatments.Heartworm Prevention: Administer medication.
$\square$
Bath: Give a bath to keep their coat clean and reduce odors.Grooming: If necessary for breed-specific needs.

Toy and Bed Cleaning: Wash toys and bedding to keep a clean environment.

Veterinary Check-up: Annual wellness exam.
Vaccinations: Keep up with required vaccinations.
Dental Cleaning: Professional cleaning.License Renewal: Renew city/county pet license as required.

## AS-NEEDED DUTIES

Medication: Administer prescribed medications as directed.IIIness Care: Extra care and vet visits for any signs of illness.Behavioral Training: Correct any behavioral issues.
$\square$ Seasonal Clothing: If needed due to harsh conditions

Paw Care: Check dog's paws for any issues
Comfort Measures: Care during fireworks, storms, etc.Socialization: Opportunities to socialize with other dogs and people.


## RESPONSIBILITIES

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WEEKLY TASKS
NAME
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MONTHLY TASKS
NAME
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EXPENSES

| DATE | FOOD | Vet | MEDS | grooming | DENTAL | Boarding | misc. | DESCRIPTION | COST |
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## dog training Chucklist

## TRAINING SUPPLY BASICS

## TRAINING TREATS

$\square$ CLICKER
$\square$ TRAINING COLLAR OR HARNESS
$\square$ LONG TRAINING LEASH
$\square$ SHORT LEASH

REFLECTIVE VEST (FOR YOU AND YOUR DOG) SAFETY WHISTLE
TRAINING POUCH
TRAINING MAT OR BED
WATER BOWL AND WATER

## BASIC COMMANDS

$\square$ SIT
$\square$ DOWN
$\square$ STAY
$\square$ HEEL
$\square$ COME

## STAY COMMANDS

## $\square$ SIT STAY

$\square$ DOWN STAY
$\square$ STAY FOR DURATION - 30 SECS, 1 - 5 MINS
$\square$ STAY WITH DISTANCE-5 FT, 10 FT, 15 FT
$\square$ STAY WITH DISTRACTIONS

## LEAVE IT

$\square$ LEAVE IT WITH FOOD
$\square$ LEAVE IT WITH PEOPLE
$\square$ LEAVE IT WITH MOVING OBJECTS
$\square$ TOYS (NOT THEIRS)
$\square$ STICKS

## DISTRACTIONS

| $\square$ OUTSIDE | $\square$ DOGS |
| :--- | :--- |
| $\square$ PEOPLE | $\square$ TOYS |
| $\square$ CROWDS | $\square$ FRONT DOOR |
| $\square$ CHILDREN | $\square$ KNOCKING |
| $\square$ CARS | $\square$ TREATS |



## DOG TRAINING

## PUPPY (8 WEEKS - 6 MONTHS)

$\square$ SOCIALIZATION: Introduce to people, animals, environments. Encourage positive interactions.POTTY TRAINING: Establish schedule. Use positive reinforcement.
$\square$ BASIC OBEDIENCE: Teach sit, stay, come, down. Use treats and praise.
$\square$ LEASH INTRODUCTION: Gradually introduce leash. Start short walks indoors.
$\square$ CRATE TRAINING: Introduce crate as den. Acclimate gradually. Use positive reinforcement.

## ADOLESCENT (6 MONTHS - 1 YEAR)

$\square$ CONTINUED SOCIALIZATION: Expose to new experiences. Attend classes.ADVANCED OBEDIENCE: Build on commands. Practice in different environments.LEASH TRAINING: Work on loose leash walking. Use positive reinforcement.
$\square$
IMPULSE CONTROL: Teach "leave it" and "wait". Reward self-control.
$\square$
CHEWING AND BITING: Provide chew toys. Redirect inappropriate chewing.

## ADULT (1 YEAR AND OLDER)

ADVANCED TRAINING: Maintain obedience. Refine behaviors. Challenge with new exercises.BEHAVIORAL TRAINING: Address issues like anxiety or reactivity. Use positive reinforcement.ENRICHMENT: Provide mental exercise. Use puzzle toys. Rotate activities.EMERGENCY RECALL: Train recall cue. Practice regularly. Reward quickly.CONTINUED TRAINING: Reinforce behaviors. Build bond. Stay patient and consistent.
## DAILY CRATE TRAINING SCHEDULE

MORNING (7 AM - 9 AM):

- Bathroom break.
- Breakfast and crate time.

MID-MORNING (9 AM - 12PM):

- Short crate session with a toy.

LUNCHTIME (12PM - 1 PM):

- Bathroom break and playtime.

AFTERNOON (1 PM - 4 PM):

- Another short crate session.

LATE AFTERNOON (4 PM - 6 PM):

- Free time and play.

EVENING (6 PM - 8 PM):

- Dinner and relaxation.


## NIGHTTIME (8 PM - 10 PM):

- Bedtime crate session.



TRAINING SCHEDULE

| TRAINING ACTIVITY | NOTES | M | T | w | T | F | F | S | S |
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## DOG ENRICHMENT

## DOG ENRICHMENT

Dog enrichment refers to activities and practices designed to stimulate a dog's mind, engage their senses, and satisfy their natural instincts. The benefits of dog enrichment include reduced boredom and anxiety, improved problem-solving skills, and enhanced physical health and overall well-being, leading to a happier, more balanced, and contented pet.

## COGNITIVE ENRICHMENT

Puzzle Toys: Toys that require solving for treats.Training Sessions: Learn new commands or tricks.Interactive Games: Such as hide and seek.Food Dispensing Toys: Dog received food as it plays with toy.DIY Obstacle Course: Indoor or outdoor course to navigate.
## FOOD \& TASTE ENRICHMENT

Rotating Food Flavors: Offer different flavors of foods.Frozen Treats: Freeze treats inside ice blocks for licking.Chew Toys: Give a variety of edible and non-edible chews.Lick Mats: Spreadable treats on a mat for prolonged licking.Interactive Feeding: Puzzle feeders for more engaging meals.
## PHYSICAL EXERCISE

Daily Walks: Walk in varied locations for new experiences.$\square$ Tug of War: Engage in a game of tug of war with a sturdy toy.$\square$ Fetch: Play fetch with balls or frisbees.$\square$ Agility Training: Set up an agility or obstacle course.$\square$ Swimming: If your dog likes water, swimming is great exercise.

## AUDITORY ENRICHMENT

 <br> Soothing Music: Play music specifically composed for dogs.}Nature Sounds: play sounds like chirping or water flowing.New Sounds: Introduce your dog to various sounds.Interactive Toys with Sounds: Noises when interacted with.$\square$ Verbal Interaction: Talk using different pitches and tones.

## VISUAL STIMULATION

Window Views: Access to a window for outdoor viewing.
TV for Dogs: Play videos or channels designed for dogs.Moving Toys: Toys that move to catch their eye.Light Toys: Use toys that light up or reflect light.
$\square$ Changing Environment: Take different routes on walks.

## OLFACTORY ENRICHMENT

Scent Trails: Hide treats around the house or yard.
Snuffle Mats: A mat where you can hide treats.New Scents: Introduce new scents on toys or blankets.
Scent Work Training: Teach scent identify specific scents.Herbal Remedies: Safe herbs or essential oils.

## NOVEL EXPERIENCES

New Locations: Visit new parks, trails, or dog-friendly places.Playdates: Arrange playdates with other dogs.New Toys: Regularly introduce new toys to keep playtime exciting.$\square$ Different Textures: Mats, beds, or toys with various textures.
$\square$ Car Rides: Car rides to different environments.

## DOG SOCIALIZATION

Socializing your new dog is super important! It's all about introducing them to different people, animals, places, and things in a positive way. This helps them feel confident, happy, and relaxed in new situations. Plus, it makes them friendlier and better behaved around others. So, spending time socializing your pup now pays off big time in the long run, making them the best furry friend they can be!

## HANDLING

Being Petted on Various Parts of the BodyHandling of Paws (e.g., touching, holding, examination)Touching the Ears, Belly, Hips, Hindquarters, Tail, etc.Brushing and Grooming SessionsNail Trimming and Paw HandlingLifting and Carrying (if appropriate and safe)Desensitizing to Wearing Collars, Harnesses, and LeashesTouching and Examining the Mouth and TeethGently Handling and Cleaning Around the Eyes and NoseTouching and Examining the Skin and Coat

## PEOPLE

Adults
Children (of different ages)
$\square$ Elderly Individuals
People Wearing Hats or Sunglasses
People with Disabilities (e.g., wheelchair, walking with a cane)People Wearing Uniforms (e.g., delivery \& postal workers) Joggers or Runners

Cyclists
People with Strollers or Baby Carriers
People with Loud or Unusual Voices

## PLACES

| $\square$ | Parks | $\square$ | Grooming Salons | $\square$ |
| :--- | :--- | :--- | :--- | :--- |
| Retirement Homes or Assisted Living |  |  |  |  |
| $\square$ | Beaches | $\square$ | Dog-friendly Cafes or Restaurants | $\square$ |
| Urban Environments (e.g., busy streets, parks) |  |  |  |  |
| $\square$ | Trails | $\square$ | Public Transportation (e.g., buses, trains) | $\square$ | Rural Environments (e.g., farms, open fields)

## NOISES



Doorbells
Vacuum Cleaners
Thunderstorms
Fireworks
Traffic Noise


Sirens (e.g., police cars, ambulances)
Construction Noise (e.g., hammers, drills)
Loud Music
Household Appliances (e.g., blender, washer)
Lawnmowers

## Barking Dogs

Baby Crying
Door Slams
Musical Instruments (e.g., piano, guitar)
Bicycle Bells

SOCIALIZATON TRACKING

INTERACTION

DATE/NOTES

## UNLEASH THE FUN

GO ON A HIKE: Explore new trails and enjoy the great outdoors together.VISIT A DOG-FRIENDLY BEACH: Let your dog run free and splash in the waves.HAVE A PICNIC IN THE PARK: Pack some treats and spend a relaxing day in the park with your pup.GO CAMPING: Set up camp in a dog-friendly campground and enjoy a night under the stars.TAKE A ROAD TRIP: Hit the open road with your dog and explore new destinations together.GO ON A BOAT RIDE: Rent a boat or kayak and enjoy a day on the water with your furry friend.ATTEND A DOG-FRIENDLY EVENT OR FESTIVAL: Join in the fun at a dog-friendly event or festival in your area.GO ON A DOGGY DATE: Arrange a playdate with other dog owners or visit a dog-friendly café.TRY AGILITY OR OBSTACLE COURSES: Test your dog's skills and agility on an obstacle course or agility trial.HAVE A PHOTOSHOOT: Capture special moments with your dog through a professional photoshoot or DIY session.TRY CANINE SPORTS: Explore activities such as flyball, dock diving, or disc dog competitions.GO ON A SCAVENGER HUNT: Create a scavenger hunt for you and your dog to enjoy together in your neighborhood.ATTEND OBEDIENCE CLASSES: Try obedience classes or workshops to bond with your dog and improve their skills.GO ON A DOGGY SPA DAY: Treat your pup to a day of pampering with a bath, grooming session, and massage.VOLUNTEER TOGETHER: Volunteer at a local animal shelter or participate in therapy dog visits to spread joy to others.TAKE A DOG-FRIENDLY VACATION: Plan a getaway to a pet-friendly destination where your dog can join in on the fun.GO ON A WINERY OR BREWERY TOUR: Visit dog-friendly wineries or breweries and enjoy tastings together.GO ON A CANOE OR KAYAK ADVENTURE: Explore rivers or lakes together in a canoe or kayak.TRY DOG-FRIENDLY YOGA (DOGA): Join a doga class and practice yoga with your pup.HAVE A DOGGY PLAYDATE POOL PARTY: Set up a kiddie pool and invite your dog's friends over for a splash.TRY STAND-UP PADDLEBOARDING (SUP): Take your dog for a ride on a stand-up paddleboard.GO ON A SIGHTSEEING TOUR: Explore dog-friendly landmarks and attractions in your city.TAKE A DOG-FRIENDLY TRAIN RIDE: Ride the rails with your dog on a scenic train journey.TRY GEOCACHING: Go on a treasure hunt with your dog and search for hidden geocaches.HAVE A DOGGY FASHION SHOW: Dress up your dog in fun outfits and have a fashion show with friends.TAKE A DOG-FRIENDLY COOKING CLASS: Learn to make homemade dog treats or meals together.TRY URBAN MUSHING: Go for a run or walk with your dog while they pull you in a doggy scooter or cart.TRY NOSE WORK/SCENT DETECTION: Train your dog's nose by participating in nose work or scent detection classes.TRY CAMPING IN YOUR BACKYARD: Set up a tent and camp out in your backyard with your dog.

## road trip packing Chucklist

## TRAVEL BASICS

## DOG FOOD <br> WATER <br> TREATS <br> DOG BOWLS <br> SAFETY

$\square$ LEASH AND COLLAR/HARNESS
$\square$ DOG SEAT BELT OR HARNESS
$\square$ DOGGY LIFE JACKET
$\square$ DOGID TAG
$\square$ MICROCHIP INFORMATION
$\square$ DOGGY FIRST AID KIT

## COMFORT/ENTERTAINMENT

$\square$ TRAVEL BLANKET OR TOWEL
$\square$ FAVORITE TOY OR CHEW
$\square$ DOGGY BACKPACK
$\square$ PORTABLE DOG BED OR MAT
$\square$ INTERACTIVE PUZZLE TOY

## HEALTH/HYGIENE

## $\square$ MEDICATIONS

$\square$ FLEA AND TICK PREVENTION
$\square$ BRUSH OR COMB
$\square$ DOG SHAMPOO
$\square$ DOGGY WIPES OR TOWELS

## EXTRAS

$\square$ DOGGY RAINCOAT OR JACKET
$\square$ PORTABLE DOG PLAYPEN
$\square$ DOGGY SUNSCREEN/SUNGLASSES
$\square$ DOGGY SEAT COVER FOR CAR
$\square$ POOP SCOOPER OR SMALL SHOVEL

## NOTES

- MY PET journal

JOURNAL ENTRIES
I AM GRATEFUL FOR...
DATE:

I AM CONCERNED ABOUT...

POSSIBLE SOLUTIONS...

NOTES


DAILY PET Ofannce

## MEALS \& TREATS

MORNING

| AFTERNOON |
| :--- |
|  |
| EVENING |

TODAY
TO DO

TRAINING

## DATE:

TIME
6 AM
7 AM
8 AM

9 AM

10 AM

11 AM

12 PM
1 PM

2 PM
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4 PM
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## NOTES

