



ANIMAL HOSPITAL OF NORTH ASHEVILLE

828-253-3393
1 Beaverdam Road, Asheville, NC 28804

DAILY LOG

A food and exercise log is a great way to take a look at how much food and exercise your pet gets in a day. Many times families many not realize how many extra calories a pet receives in a day. Often the overweight pets have gained weight from the snacks between the meals than the meals themselves. Many times it is in the treats that various family members give without knowing what the other is doing. Be sure to write down every morsel your pet consumes. After filling out the daily log, comparisons can be made in how much a pet *is eating* to how much your pet *should be eating*. By discussing with your primary veterinarian you will be able to determine what is the correct amount and diet your pet should be eating.

Diet- Be sure to include to include the type of foods and the amount given. Include all snacks, treats, bones and tidbits given by all family members.

Exercise-Record all of your pet's activity. Including playtime, walks, naps, petting, grooming, eating and begging.

Example log:

DAILY LOG For Bert Date:10/31/99

How Many Meals? 2

Amount/Type: Morning- 1/2 cup dry Nutro Adult Sr. sprinkle with handful grated cheese, 2tbs water added

Afternoon-1/2c dry Nutro Adult sr and 1 heaping tbsp wet alpo

Snacks: (type and amounts) 2 lg milkbones, 1 rawhide chew, 1 small dog biscuit from the bank, 2 small carrots at dinner time,

Comments: got into the trash and ate rabbit poop while on a walk

Activities:(include length of activity) got up at 8:30, ran in the backyard until 10am, napped until noon. played fetch for 10 min. then a walk around the block (about 30 min). laid around all afternoon with 20 min nap. Barked at neighbor while outside for 10 min., had dinner (3min), played ball for 1 hr, laid around until bed time=4 hrs



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Amount/Type: _____

Snacks: (type and amounts) _____

Comments: _____

Activities:(include length of activity) _____
