

Dog Health Checklist

Track your dog's health at home

Welcome!

Thank you for your interest in improving your dog's health! This checklist is designed to help you monitor vital signs and potential health concerns at home. By subscribing to our blog, you'll gain access to this valuable resource and stay updated with the latest tips and advice for keeping your furry friend happy and healthy.

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Page 1: General Appearance

Checklist Items:

- Coat Condition
- Skin Condition
- Weight
- Energy Levels
- Appetite

Observe your dog's overall appearance. A healthy dog should have a shiny coat, healthy skin free from irritation, and a good body weight. Note any changes in energy levels or appetite.

Normal Signs: Bright eyes, alert posture, and an interest in their surroundings.

Red Flags: Dull coat, flaky skin, sudden weight loss or gain, lethargy, and loss of appetite.

Page 2: Vital Signs

Checklist Items:

- Heart Rate
- Respiratory Rate
- Temperature
- Gum Color

Regularly check your dog's vital signs to establish a baseline. Knowing what's normal for your dog will help you quickly identify potential problems.

Normal Signs: Heart Rate (60-140 bpm), Respiratory Rate (12-24 breaths/min), Temperature (100.5-102.5°F), Pink Gums.

Red Flags: Rapid or slow heart rate, difficulty breathing, elevated or lowered temperature, pale or blue gums.

Page 3: Ears & Eyes

Checklist Items:

- Ear Cleanliness
- Ear Odor
- Eye Discharge
- Eye Clarity

Examine your dog's ears and eyes regularly. Early detection of issues can prevent more serious problems.

Normal Signs: Clean ears without excessive wax, no foul odor, clear eyes without discharge.

Red Flags: Excessive ear wax, redness, scratching, head shaking, discharge from the eyes, cloudiness.

Page 4: Mouth & Teeth

Checklist Items:

- Gum Color
- Teeth Cleanliness
- Breath Odor
- Saliva

Good dental hygiene is crucial for your dog's overall health. Check their gums, teeth, and breath regularly.

Normal Signs: Pink gums, clean teeth without excessive tartar, normal breath odor.

Red Flags: Pale or red gums, excessive tartar buildup, bad breath, excessive drooling.

Page 5: Mobility & Movement

Checklist Items:

- Gait
- Limping
- Joint Swelling
- Pain Response

Observe your dog's movement and check for any signs of pain or discomfort.

Normal Signs: Smooth and coordinated gait, no limping, normal range of motion.

Red Flags: Limping, stiffness, reluctance to move, joint swelling, pain when touched.

Page 6: Digestive System

Checklist Items:

- Stool Consistency
- Frequency
- Vomiting
- Appetite

Monitor your dog's digestive health by observing their stool and eating habits.

Normal Signs: Firm, well-formed stool, regular bowel movements, normal appetite.

Red Flags: Diarrhea, constipation, vomiting, loss of appetite, blood in stool.

Page 7: Conclusion

Regularly using this checklist will help you stay proactive about your dog's health. Remember to consult your veterinarian if you notice any concerning signs. By subscribing to our blog, you'll receive more helpful tips and resources to keep your dog healthy and happy!

[Click Here to Download the Full Checklist](#)

Thank you for subscribing!