



# WEEKLY HOLISTIC PLANNER FOR YOUR DOG'S WELL-BEING

# Holistic Planner

WEEK OF \_\_\_\_\_

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

## 3 THINGS YOU'RE GRATEFUL FOR ABOUT YOUR DOG

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## PROGRESS AND DISCOVERIES

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## NOTES



# Holistic Recipe

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DIFFICULTY

DISH NAME

CATEGORY

PREPARATION TIME

COOKING TIME

INGREDIENTS

*Instructions*

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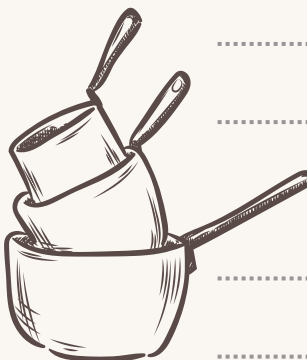
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# Daily Routine

CHECK OFF THE SMALL SHARED WELLNESS ACTIONS  
EACH DAY AND JOT DOWN DAILY NOTES TO TRACK  
YOUR DOG'S PROGRESS.



MORNING WALK



MORNING CUDDLE OR MASSAGE



DRINK WATER/HERBAL TEA



SENSORY PLAY OR SLOW ACTIVITY



BRUSHING SESSION



RELAX TIME TOGETHER