

My dog profile

Keep the information that affects feeding decisions in one place and update it whenever your dog's needs change.

About my dog

Name Date updated

Breed or mix Age Sex

Current weight Target weight

Lifestyle and body condition

Typical activity ☐ Low ☐ Moderate ☐ High ☐ Working dog

Body condition ☐ Under ideal ☐ Ideal ☐ Over ideal ☐ Unsure

Health and feeding notes

Known conditions

Allergies or intolerances

Current food

Supplements or medicines

Veterinary guidance

Professional contacts

Veterinarian

Veterinary nutritionist



Weekly meal planner

Plan what you will serve, record the portion actually offered and keep any recipe-specific supplements attached to that recipe.

Week beginning

Dog

Day	Morning	Evening	Notes
Monday	Recipe Portion	Recipe Portion	
Tuesday	Recipe Portion	Recipe Portion	
Wednesday	Recipe Portion	Recipe Portion	
Thursday	Recipe Portion	Recipe Portion	
Friday	Recipe Portion	Recipe Portion	
Saturday	Recipe Portion	Recipe Portion	
Sunday	Recipe Portion	Recipe Portion	

Batch cooking planner

Use one row for each recipe batch. Record the recipe exactly as prepared so portions and supplements are not separated from their instructions.

Cooking date _____

Next cooking day _____

Batch details

Recipe _____

Source or version _____

Planned batch size _____

Portion size _____

Expected portions _____

Actual portions _____

Preparation checklist

☐ Recipe and supplement instructions checked

☐ Ingredients weighed

☐ Food cooked safely

☐ Batch cooled promptly

☐ Portions labelled

☐ Fridge or freezer dates recorded

Storage record

Container or label

Number of portions

Stored in

Use by or frozen on

Notes for next time

Shopping list

Build this list from the chosen recipes rather than estimating. Tick ingredients only after checking quantities and recipe-specific requirements.

Shopping for _____

Budget _____

Proteins

☐

☐

☐

☐

☐

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☐

Vegetables and fruit

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☐

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☐

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☐

Carbohydrate sources

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☐

Recipe-specific extras

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☐

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Before checkout

☐ Quantities match the recipes

☐ No unplanned substitutions

☐ Labels checked

Transition and wellbeing tracker

Introduce a new diet gradually under professional guidance. Record changes consistently and contact your veterinarian if you are concerned.

Dog _____ New food or recipe _____

Seven day transition record

Day	New food %	Appetite	Stool	Energy	Skin	Notes
1						
2						
3						
4						
5						
6						
7						

Weight and follow-up

Starting weight _____ Follow-up weight _____

Veterinary follow-up date _____

Urgent or persistent symptoms should not be managed with a tracker alone. Contact your veterinarian for advice.