Feeding Plan

Diet

_____

Total Daily Amount to Feed

_____

Exercise Plan

_____

CONFESSIONS (Oops, I cheated!!)

Date	My pet ate ……
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

First Assessment:
Date _____
Weight _____
Body Condition:
- ❑ Grossly Obese
- ❑ Mildly Obese
- ❑ Normal
- ❑ Underweight

Final Assessment:
Date _____
Weight _____
Body Condition:
- ❑ Grossly Obese
- ❑ Mildly Obese
- ❑ Normal
- ❑ Underweight

Has the target weight been achieved? YES NO

NOTES: _____

_____

_____

_____

_____

FERNY HILLS FLABBIES

PET'S NAME

CURRENT WEIGHT START DATE

IDEAL WEIGHT TARGET DATE

CHART YOUR PET'S WEIGHT LOSS HERE EVERY [ ] WEEKS

START

MEASUREMENTS

	START	FINISH
NECK	____cm	____cm
CHEST	____cm	____cm
RUMP	____cm	__

Please phone our weight loss advisers on 3351 2122 if you have any questions regarding your pet's weight loss.

COMMITMENT
You and everyone else in contact with your pet must have 100% commitment to your pet's weight loss program.

EXERCISE
Weight loss is not all about diet…regular exercise is great as it increases the number of calories they burn, helping them to shed those excess kilos faster.

TARGETS
Your weight loss advisor will decide what your pet's ideal body weight is and set a REALISTIC target weight.

A pet becomes overweight by eating more energy than is used up by the body. The body then stores the excess energy as fat. Pets that are overweight are more likely to suffer from

Shortened life span	Digestive upsets
Inactivity	Reduced exercise tolerance
Skin problems	Joint problems
Breathing difficulties	Increased surgical risks
Liver disease	Susceptibility to infections
Heart disease	Neurologic disorders
Diabetes	Cancer
Heat intolerance	Decreased quality of life

TIPS
Ice cubes are a great treat. Your pet will enjoy the texture and ice contains NO calories!!

OBESITY IS THE MOST COMMON NUTRITIONAL DISORDER SEEN IN CATS AND DOGS.

41% OF DOGS
AND
33% OF CATS
ARE CONSIDERED OBESE.

CAUSES OF OBESITY
breed
heredity
sex
age
overfeeding
lack of exercise

Regular weigh-ins ensure a safe and successful weight loss for your best friend. Please bring your pet in every 2 weeks for a FREE weight check and update of their chart.

GOOD LUCK