

Weight and sleeping breathing record

Chapter 4 · Dog: _____

Start now; no need to reconstruct earlier years. Weigh under similar conditions. Count one rise and fall of the chest as one breath for a full minute when comfortably asleep, not panting or actively dreaming.

Clinic-agreed breathing action threshold / contact plan

Date	Weight + unit	Sleeping breaths / minute	Context / change noticed

Weight and breathing readings need not be taken together; leave unused cells blank. Follow your clinic’s monitoring schedule. A persistent rise from your dog’s usual rate warrants a call. Breathing effort, blue/gray gums or collapse needs urgent care, whatever the number.

My dog’s usual range / follow-up question

Is this helping? A supplement or care trial

Chapter 13 · Dog: _____

Choose one goal and one change at a time. Use this for supplements or a care routine; follow the agreed plan for prescribed treatments.

Goal I can observe (for example: easier rising, fewer night wakings)

Product / exact formula / amount and unit / start date

Other treatments / label checked with / planned review date

Date	What I noticed / same activity or situation	Unwanted effects

At review: better, unchanged or worse? Next step

Improvement matters, but timing alone cannot tell us what caused it. Stop a nonessential new product and contact the clinic for a suspected adverse reaction; seek urgent help for severe signs. Do not change prescribed treatment without advice.

Vet visit note 1

Chapter 22 · Dog: _____

Date: _____ Weight + unit: _____

Clinic / veterinarian

Reason: ☐ Wellness ☐ Recheck ☐ Teeth/mouth ☐ Ears/skin
☐ Mobility/pain ☐ Digestion ☐ Drinking/urination ☐ Sleep/behavior
☐ Lump ☐ Vaccination ☐ Other: _____

My top question / what changed and when

Vet's findings (including "no new concerns") / tests / treatment

Vaccines given — record, do not use as a schedule:

☐ Rabies ☐ Distemper/adenovirus/parvovirus combination
☐ Leptospirosis ☐ Bordetella ☐ Lyme ☐ Canine influenza ☐ Other

Copy exact names and due dates from the clinic summary. Vaccine choices and timing vary by history, health, location and exposure.

Vaccine(s) / given date / next due; dental cleaning date if performed

Next step / by when / who will arrange it

Paperwork file name or location

If rabies given: ☐ Certificate saved ☐ Local license/registration rules checked
☐ Submission made if required ☐ Fee paid if due ☐ Renewal reminder set

Vet visit note 2

Chapter 22 · Dog: _____

Date: _____ Weight + unit: _____

Clinic / veterinarian

Reason: ☐ Wellness ☐ Recheck ☐ Teeth/mouth ☐ Ears/skin
☐ Mobility/pain ☐ Digestion ☐ Drinking/urination ☐ Sleep/behavior
☐ Lump ☐ Vaccination ☐ Other: _____

My top question / what changed and when

Vet's findings (including "no new concerns") / tests / treatment

Vaccines given — record, do not use as a schedule:

☐ Rabies ☐ Distemper/adenovirus/parvovirus combination
☐ Leptospirosis ☐ Bordetella ☐ Lyme ☐ Canine influenza ☐ Other

Copy exact names and due dates from the clinic summary. Vaccine choices and timing vary by history, health, location and exposure.

Vaccine(s) / given date / next due; dental cleaning date if performed

Next step / by when / who will arrange it

Paperwork file name or location

If rabies given: ☐ Certificate saved ☐ Local license/registration rules checked
☐ Submission made if required ☐ Fee paid if due ☐ Renewal reminder set

Caregiver quick handoff

Chapter 22 · Dog: _____

Update before handing over this book. Keep the medication chart and dose record in this chapter current. Agree on treatment authorization directly with the clinic.

Owner / mobile number / backup contact

Regular clinic / number; emergency hospital / number

Food / amount / times; mobility and toilet help

Medicines and supplements: chart location / changes / last doses

Usual behavior / changes that mean call / agreed emergency plan

Treatment authorization / spending arrangements / paperwork location

Questions and notes

Chapter 22 · Dog: _____

Give each entry a date and topic. “2026-10-07 · ears · recheck” is easier to find later than an undated paragraph.

Date / topic / question or observation

Date / topic / question or observation

Follow-up / due date / record location
