

Pet Lifestyle Diary

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Food	Food	Food	Food	Food	Food	Food
Treats	Treats	Treats	Treats	Treats	Treats	Treats
Exercise	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise

Your Pet's
Body Condition Score

Date

How to use the Lifestyle Diary

Get the whole family involved. In order to get the true picture of what is going on everyone in the family needs to keep track by writing in the boxes above everything they feed your pet. Whether it be a small chunk of cheese or the exact measure for a full meal it is important! By keeping a record you will clearly see just how much your pet is eating, what treats they are getting, as well as how much exercise and play they have each day. This will help you identify any problem areas like accidental overfeeding, balance the exercise they are getting and help your pet to shape up.

If you would like some free advice on your findings, please give the Purina Pet Care Team a call on freephone 0800 212161/ ROI 1800 509 368 or email us at petcareteam@purina.nestle.com

Our dedicated team of experts will be happy to give you free advice on further simple steps towards a healthier pet!

