Pet Health Checklist

A complete checklist to help pet owners keep a dog or cat healthy with routine care, prevention, and early warning signs.

Routine Vet Care

- [ ] Schedule a yearly wellness exam for healthy adult pets
- [ ] Book more frequent visits for puppies, kittens, and seniors
- [ ] Keep a record of each visit, diagnosis, and advice
- [ ] Bring your questions and a list of any changes you noticed
- [ ] Confirm when the next check-up or test is due
  Ask your vet how often your pet should be seen

Vaccines & Prevention

- [ ] Keep core vaccines up to date per your vet's plan
- [ ] Ask about lifestyle vaccines based on risk and region
- [ ] Stay current on flea and tick prevention
- [ ] Keep heartworm and intestinal worm prevention on schedule
- [ ] Store proof of vaccination for boarding and travel
  Vaccine schedules vary by region and vet, so follow your vet's recommendations

Daily & Weekly Care

- [ ] Feed a balanced diet suited to age and size
- [ ] Provide fresh water and clean bowls daily
- [ ] Give regular exercise and play for body and mind
- [ ] Brush teeth and check the mouth for problems
- [ ] Groom, check skin and coat, and trim nails as needed

Weight & Body Condition

- [ ] Weigh your pet regularly and log the numbers
- [ ] Feel for ribs and check the waistline for body condition
- [ ] Measure meals instead of free-feeding when advised
- [ ] Limit treats to a small share of daily calories
- [ ] Discuss any quick weight gain or loss with your vet

Signs of Illness to Watch

- [ ] Changes in appetite, thirst, or weight
- [ ] Vomiting, diarrhea, or trouble going to the bathroom
- [ ] Coughing, sneezing, or labored breathing
- [ ] Low energy, hiding, limping, or stiffness
- [ ] New lumps, sores, bad breath, or itchy skin
  Contact your vet if signs are severe or do not improve

Records & Emergencies

- [ ] Keep an up-to-date file of vaccines and medications
- [ ] Note your pet's normal weight, diet, and habits
- [ ] Save your vet's number and the nearest emergency hospital
- [ ] Confirm microchip details are registered and current
- [ ] Review pet insurance or savings for unexpected care

Important

- [ ] This checklist is general information for owners, not veterinary advice; your pet's needs depend on its age, breed, and health, so always consult a licensed veterinarian

  For any emergency, contact your vet or an emergency animal hospital immediately