

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