



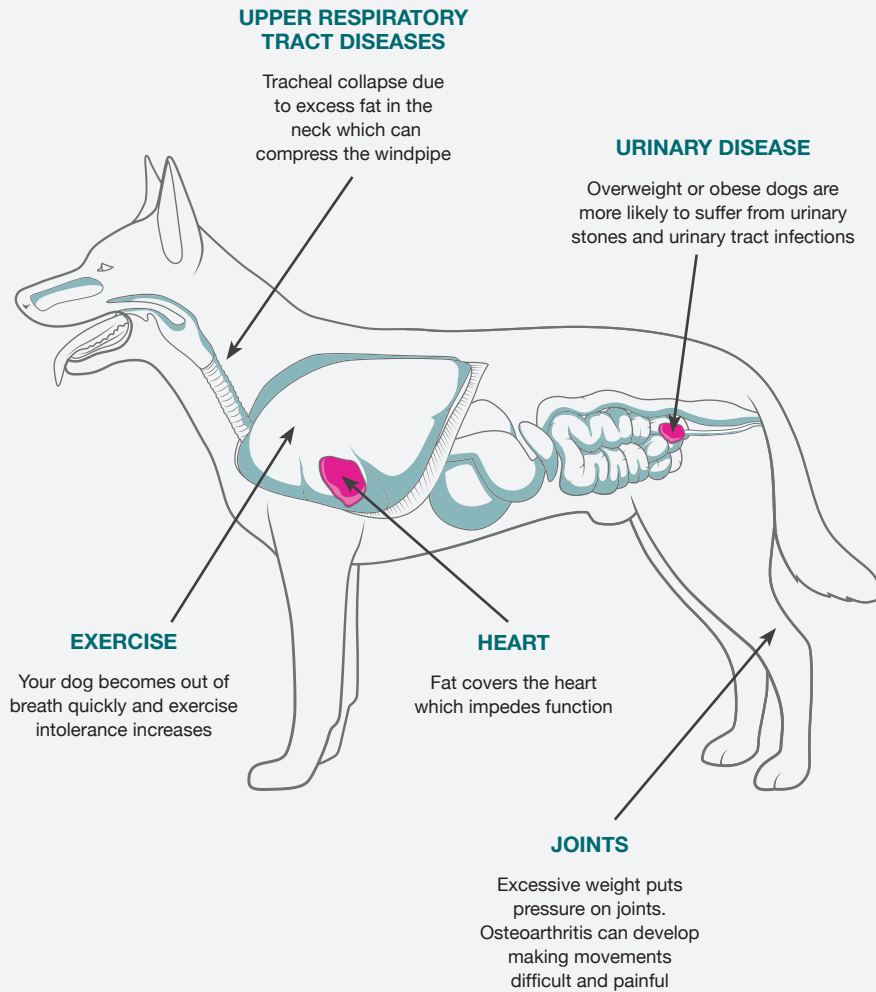
SPECIFIC[®]

WEIGHT LOSS DIARY
FOR DOGS



Veterinary Pet Nutrition

THE DANGERS OF OBESITY



WEIGHT REDUCTION DIET

What and how much your dog eats throughout its life will have an effect on the joints later on. If your dog is overweight, reducing its weight is an important step to take to help ease your dog's joint pains and discomfort.

SPECIFIC Weight reduction diet helps your overweight dog get back to their ideal body weight. Low in fat and calories, it allows you to give your dog a large tasty amount to satisfy their appetite.

Why choose Weight Reduction:

- **Low in calories**
- Low in fat and **high in fibre**
- **High protein content** to satisfy your dog's appetite and support their muscles
- **Omega-3 from fish oil** to help maintain healthy joints, skin and coat
- **L-carnitine** to help burn fat and support muscles

JOINT SUPPORT DIET

SPECIFIC Joint Support food has a superior composition for support of healthy joints and mobility in your dog:

- A **high level of fish oil** to support the joints
- A high content of **natural cartilage supporting elements**
- **Moderate calorie content** for ideal body weight



BODY CONDITIONING 'HOW TO'

You will be assessing **THREE** main areas: **neck, abdomen** and **waist**.

To determine your dog's **body condition score**, assess your cat and consider;

1. Can you feel ribs with flat of your hand? (*gentle pressure*)
2. Can you see a waist? - view from above and from the side
3. Is there a 'spare tyre' around the neck?

WEIGHT AND JOINT PROBLEMS IN DOGS AND WHAT YOU CAN DO ABOUT THEM

An overweight dog is an unhappy dog. Running about, exploring and being playful is part of every dog's nature – and the more overweight they are, the less they can do. But it's also their nature to constantly be looking for food, from meals to snacks and treats.

One of the risks of obesity is arthritis.











- Arthritis is a common joint problem in elderly dogs, typically affecting knees, hips, elbows, spine or sometimes shoulders
- The risk increases over the years and symptoms are much worse in dogs over 5 years of age

So as an owner it is your responsibility to make some lifestyle choices for your dog. Even if, sometimes, it seems like 'tough love', you will soon be rewarded by seeing your pet becoming healthier and happier.



WHICH PICTURE BEST RESEMBLES YOUR PET?

Please select from the **5 options** below and mark on the scale to what extent:

| | | | | | | | | | |
|--|---|---|---|--------------------------|---|---|---|---|----|
| No.1 Malnourished | |  |  | <input type="checkbox"/> | | | | | |
| How Malnourished on a scale of 1-10 (10 being highest) | | | | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| No.2 Underweight | |  |  | <input type="checkbox"/> | | | | | |
| How Underweight on a scale of 1-10 (10 being highest) | | | | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| No.3 Ideal | |  |  | <input type="checkbox"/> | | | | | |
| How Ideal on a scale of 1-10 (10 being highest) | | | | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| No.4 Overweight | |  |  | <input type="checkbox"/> | | | | | |
| How Overweight on a scale of 1-10 (10 being highest) | | | | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| No.5 Obese | |  |  | <input type="checkbox"/> | | | | | |
| How Obese on a scale of 1-10 (10 being highest) | | | | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

PROGRESS REPORT

DATE |

Food type |






Quantity per feed |

Frequency |

Exercise recommendation |

Weight Management scoring

Which picture **best** resembles your pet?

| MALNOURISHED | UNDERWEIGHT | IDEAL | OVERWEIGHT | OBESE | | | | | |
|---|---|---|---|--|---|---|---|---|----|
|  |  |  |  |  | | | | | |
| On a scale of 1-10 10 being the highest | | | | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Measurements

Weight | kg Waist | cm Neck | cm

Joint scoring

Please enter circle the number. **1 = Strongly Disagree** and **10 = Strongly Agree**

| | | | | | | | | | | |
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| My dog pants heavily after a small amount of activity | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| My dog falls behind on walks and is reluctant to play | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| My dog shows pain when I touch affected joints | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Add up the scores in the circles to chart your pet's progress.
The **lower** the score, the **healthier** your pet is getting.

TOTAL |

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Dechra Veterinary Products Limited is a trading business of Dechra Pharmaceuticals PLC
DVP 1371

