



**VETERINARY**  
Wellness Center

# Weight Loss



Overweight pets can have shorter lives, and we understand just how frustrating weight loss can be. Here are the exact steps we use to design weight loss plans for our patients.

Use them to regain control of your pet's health.

Then enjoy more healthy time together!

➤➤ **WEIGHT** \_\_\_\_\_ Lb OR \_\_\_\_\_ kg  
pounds kilograms

➤➤ **BODY CONDITION** \_\_\_\_\_ (1-9)

Estimate your pet's metabolism and fat composition using these resources:

- [PetObesityPrevention.org/bcs](http://PetObesityPrevention.org/bcs)

➤➤ **CALORIES**

Find the calories (kcal) on the label:

- [TheWellDogPlace.com/blog/counting-calories-can-improve-your-dogs-health](http://TheWellDogPlace.com/blog/counting-calories-can-improve-your-dogs-health)

Dry food (cup): \_\_\_\_\_ Wet food (can): \_\_\_\_\_

Treats (each): \_\_\_\_\_

➤➤ **CALCULATE**

Plug your numbers in here (adult dogs & cats only):

- [PetNutritionAlliance.org/resources/calorie-calculator](http://PetNutritionAlliance.org/resources/calorie-calculator)

➤➤ **WEIGH MONTHLY** Goal: 1% weight loss per week



## TIPS

- Treat with veggies or fruits
- Exercise together daily
- Feed lower calorie foods
- We can help! Weight loss appointments available M-F