

Healing With Hounds

Dog Wellness Checklist

A quick-start guide to help your dog live a longer, happier life.

Nutrition

- ☐ Food has real, whole ingredients listed first
- ☐ Portions are measured, not eyeballed
- ☐ Fresh water is available at all times
- ☐ Treats make up less than 10% of daily calories
- ☐ Any dietary changes are introduced gradually

Grooming & Care

- ☐ Nails trimmed regularly
- ☐ Ears cleaned and checked weekly
- ☐ Coat brushed weekly (or as needed by breed)
- ☐ Flea/tick/heartworm prevention up to date
- ☐ Regular vet checkups (at least yearly)

Weekly Check-In

- ☐ Appetite, energy, and bathroom habits are normal
- ☐ No changes in weight or behavior
- ☐ No limping, licking, or scratching more than usual
- ☐ Your dog is acting like their usual self

Exercise

- ☐ Walks or playtime at least 1-2 times daily
- ☐ Activities are matched to dog's energy level
- ☐ Mix of physical and mental stimulation (e.g. sniff walk)
- ☐ Rest days or lighter activity for recovery

Emotional & Mental Wellness

- ☐ One-on-one bonding time daily
- ☐ Puzzle toys or training games in weekly rotation
- ☐ Safe, positive socialization with other pets/people
- ☐ Comfort items available (bed, toys, safe spaces)