

Pet Care Checklist & Log

A practical checklist for everyday pet care. General information only — your vet knows your pet and is the right person for medical, diet and vaccination advice.

Daily

Fresh water always available · measured meals (use the food calculator as a starting point, then adjust with your vet) · exercise and play · quick check of eyes, ears and coat.

Weekly

Weigh-in for puppies and kittens, or monthly for adults · brush coat and check teeth · clean bowls and bedding.

Every 1–3 months

Parasite prevention as your vet recommends · nail trim · review food amounts if weight changed.

Yearly

Wellness exam and vaccinations per your vet · dental check · update microchip contact details.

Emergencies

Keep your vet and nearest 24-hour emergency clinic numbers on this sheet. Chocolate, grapes/raisins, xylitol, onions and lilies (for cats) are common toxic risks — call a vet or poison line immediately if eaten.

Your worksheet

Date	Weight	Vet visit / treatment	Notes

Free calculators that go with this pack: Dog age calculator (<https://pawyears.pages.dev/dog-age-calculator/>) · Cat age calculator (<https://pawyears.pages.dev/cat-age-calculator/>) · Dog food calculator (<https://pawyears.pages.dev/dog-food-calculator/>) · Puppy weight calculator (<https://pawyears.pages.dev/puppy-weight-calculator/>)
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