

# HELPING YOUR DOG LOSE WEIGHT

We would like you to make a plan to help your dog lose weight in the next three months.

Like people, dogs generally become overweight because they get more energy from their food than they expend (e.g. through exercise). Therefore, you can help your dog to lose weight by making sure either that they get enough exercise or that they get the right amount of food, or both.

We have prepared two help sheets:

- **Sheet A** (page 11) is designed to help you to provide the right amount of food for your dog.
- **Sheet B** (page 15) is designed to help you to provide enough exercise for your dog.

We would like you to decide which of these things you find most difficult or would like some help with and then look at either Sheet A or Sheet B. Alternatively, you might decide that you want some help with both exercise and feeding, in which case you can look at both sheets.

Below, please indicate which sheet(s) you will look at:

- I would like some help making sure my dog gets enough exercise, so I'll look at Sheet A.
- I would like some help making sure my dog gets the right amount of food, so I'll look at Sheet B.
- I would like some help making sure my dog gets enough exercise and the right amount of food, so I'll look at Sheets A and B.

## Remind yourself why are you doing this when things get tough...

Write down 5 reasons why your dog is so special and he/she deserves to be fit and healthy:

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## What is your dog's Body Condition Score (BCS)?

Now that you have looked at the **Body Condition Score** chart on **page 10** you can keep track of your dog's progress with objective measurements. Use page 12 to keep a record of your dog's progression.



**Is your dog's BCS changing?** What does your vet say about your dog's BCS? It can be a bit difficult to get it right at first and will take a while until you see changes, so it may help you get it checked by your vet or vet nurse.



**What are the scales saying?** use the scales regularly to monitor weight change. You can use your local vet's once a week or once a month.



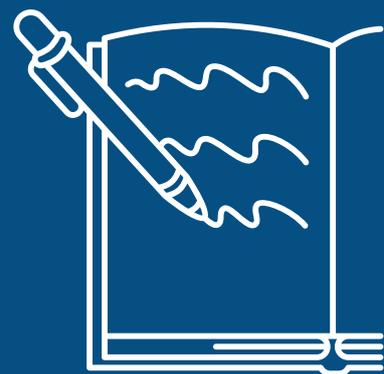
**Do you have to change your dog's portion size?** Remember to adjust periodically according to his/he new weight. Likewise, if your dog is not losing weight, is it because there is too much food in that bowl?

## YOUR COMMITMENT TO YOUR DOG'S WEIGHT LOSS PLAN

Use the space below to write down three or more commitments you will make about your dog "asking" for food. Satiety diet? Fuss not food? Trickle feeding?

What barriers can you identify that might stop you from successfully following your plan? How can you address each of them? Write your barriers and solutions below.

Print this page and stick it next to your dog's food!



To make sure that you don't lose track, write down your aims below:

Do you have a plan to prevent your dog from begging at dinner time? do you need to sort out something to keep her distracted?

Have you listed all the alternatives you can use when you think that she is expecting food? make sure you have got that in place!

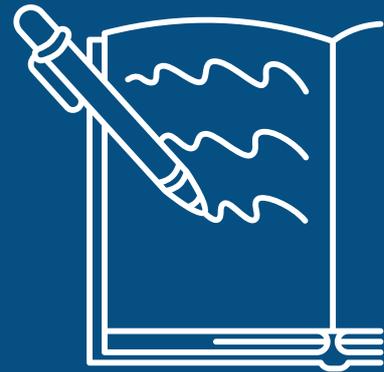
Do you need to check the practicalities of the plan with someone else? Make sure you have social support (this can get difficult sometimes)

## YOUR COMMITMENT TO YOUR DOG'S DIET AND EXERCISE

Use the space below to write down three or more commitments you will make about feeding your dog. What? When? How will you be accurate? Puzzle feeders?

Use the space below to write down three or more commitments you will make about exercising your dog. More time? More intensity?

Print this page and stick it next to your dog's food!



To make sure that you don't lose track, write down your aims below:

**Have you figured out how much weight your dog needs to lose?** check if with your vet if you are not sure!

**Do you know how much food will he need?** how will you split it?

**What type of exercise can your dog do or don't do?** Do you need to check with your vet?