

Daily Pet Care Routine Tracker

A seven-day tracker for food, water, toilet habits, exercise, enrichment, rest, and behavior notes.

Daily Basics

Day/date:

Food eaten:

Water normal/high/low:

Toilet or litter notes:

Walks or movement:

Enrichment or play:

Rest/sleep:

Behavior or stress notes:

Seven-Day Pattern Check

- Appetite stayed normal.
 - Drinking stayed normal.
 - Stool/urine pattern stayed normal.
 - Pet could rest normally.
 - No new pain, coughing, vomiting, diarrhea, hiding, or aggression.
 - Routine felt realistic for the household.
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When Notes Matter

Bring this tracker to a veterinarian if you notice rapid change, repeated vomiting/diarrhea, inability to urinate, breathing trouble, collapse, severe pain, sudden behavior change, or symptoms that do not improve.

Sources Used

AVMA responsible pet ownership and ASPCA pet care resources. General education only.