

Pet Weight Management Tracker

This isn't a diet diary — it's a way to keep track of the small, easy-to-forget details that actually help: what your pet's starting point looked like, how things are trending over weeks and months, and what's worth mentioning at the next vet visit. Fill it in as you go, at whatever pace fits your household — a few honest notes are more useful here than a perfect log.

About this tracker

Modeled on the same approach vets actually use: Body Condition Score and Muscle Condition Score checked together (not just a number on a scale), a plan set collaboratively with your vet, and progress reviewed in real steps rather than assumed to be working. This is a memory aid for that process, not a replacement for it — your vet's specific guidance always takes priority over anything here.

Baseline — where things start

- Pet's name: _____ Species: _____ Age: _____
 - Starting weight: _____ Date: _____
 - Body Condition Score (BCS): _____ / 9
 - Muscle Condition Score (MCS), if scored by your vet: _____
 - Target weight and/or health-outcome goal, set with your vet:

 - Current food (brand + amount) and daily calorie estimate: _____
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Progress check-ins

Veterinary guidance recommends rechecking every 4-12 weeks during active weight loss, with the plan adjusted from real results rather than assumed to be on track. Use one block per check-in — spacing is flexible, whatever your vet recommends for your pet.

Check-in 1 — date: _____

- Weight: _____ BCS: _____ / 9
 - Food/portion this period (any changes?): _____
 - Activity this period (any changes?): _____
 - Observations — energy, appetite, mobility, behavior:

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Check-in 2 — date: _____

- Weight: _____ BCS: _____ / 9
 - Food/portion this period (any changes?): _____
 - Activity this period (any changes?): _____
 - Observations — energy, appetite, mobility, behavior:

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Check-in 3 — date: _____

- Weight: _____ BCS: _____ / 9
 - Food/portion this period (any changes?): _____
 - Activity this period (any changes?): _____
 - Observations — energy, appetite, mobility, behavior:

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Check-in 4 — date: _____

- Weight: _____ BCS: _____ / 9
 - Food/portion this period (any changes?): _____
 - Activity this period (any changes?): _____
 - Observations — energy, appetite, mobility, behavior:

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Check-in 5 — date: _____

- Weight: _____ BCS: _____ / 9
 - Food/portion this period (any changes?): _____
 - Activity this period (any changes?): _____
 - Observations — energy, appetite, mobility, behavior:

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Check-in 6 — date: _____

- Weight: _____ BCS: _____ / 9
- Food/portion this period (any changes?): _____
- Activity this period (any changes?): _____
- Observations — energy, appetite, mobility, behavior:

Starting a new ~3-month step?

Calories are typically recalculated from the current step's starting weight, not the original starting weight — worth revisiting your Daily Calorie & Portion Calculator estimate here rather than carrying the old number forward.

- New step starting weight: _____ New calorie target: _____

Maintenance phase

Reaching goal weight is a real milestone, and also the start of a new phase, not the finish line — the calories that got here are almost always more than what's needed to stay here. This section is for afterward, on a longer, less frequent check-in rhythm.

- Goal weight reached — date: _____ Weight: _____
- New maintenance calorie target (recalculated, not carried over): _____

Maintenance check 1 — date: _____

- Weight: _____ BCS: _____ / 9 MCS (if scored): _____
- Any routine changes (treats, food, activity, household changes)?

- Observations worth mentioning at the next vet visit:

Maintenance check 2 — date: _____

- Weight: _____ BCS: _____ / 9 MCS (if scored): _____
- Any routine changes (treats, food, activity, household changes)?

- Observations worth mentioning at the next vet visit:

Maintenance check 3 — date: _____

- Weight: _____ BCS: _____ / 9 MCS (if scored): _____
- Any routine changes (treats, food, activity, household changes)?

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- Observations worth mentioning at the next vet visit:
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Maintenance check 4 — date: _____

- Weight: _____ BCS: _____ / 9 MCS (if scored): _____
- Any routine changes (treats, food, activity, household changes)?

- Observations worth mentioning at the next vet visit:

Maintenance check 5 — date: _____

- Weight: _____ BCS: _____ / 9 MCS (if scored): _____
- Any routine changes (treats, food, activity, household changes)?

- Observations worth mentioning at the next vet visit:

Maintenance check 6 — date: _____

- Weight: _____ BCS: _____ / 9 MCS (if scored): _____
- Any routine changes (treats, food, activity, household changes)?

- Observations worth mentioning at the next vet visit:

Health notes to watch for, any time

Small, easy-to-miss observations that are worth writing down when you notice them, not just at a scheduled check-in — these are useful details for your vet, not a verdict on how things are going.

- Mobility — jumping, stairs, getting up, activity level:

- Energy — noticeably more or less than usual: _____
- Appetite — begging, food-seeking, or appetite changes:

■ Behavior — anything else that seems different: _____

Not a diagnosis, and not the same as a formal vet exam — it's a memory aid for the conversations you'll have along the way. A cat that stops eating for any stretch during a weight-loss plan needs a same-day vet call. Full guidance on assessment, goal-setting, safe pace, and this maintenance phase: Frolicy's Weight Management Center.