



Template: Custom Dog Diet Checklist

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Based on Article: "Custom Dog Diets"

A practical checklist to help dog owners create and monitor a custom diet tailored to their pets' needs.

Checklist Items:

- ☐ **1. Assess Nutritional Baseline**
Evaluate your dog's current weight, body condition score, and any health issues affecting its nutrition. Consider engaging a veterinarian for a complete analysis.
Reference Section: Health Benefits and Medical Considerations
- ☐ **2. Choose the Right Protein Source**
Select proteins based on your dog's allergies, activity levels, and overall health. Consider novel proteins or hydrolyzed options for dogs with food sensitivities.
Reference Section: Choosing proteins and fats for allergies and activity levels
- ☐ **3. Monitor Transition Steps**
Implement gradual changes to your dog's diet to avoid digestive upset. Mix the new diet with the old for 7-10 days before complete switch.
Reference Section: Practical steps to transition without digestive upset
- ☐ **4. Determine Dietary Approach**
Decide among options like human-grade meals, DIY blends, or veterinary therapeutic diets based on your dog's health needs and your preparation capacity.
Reference Section: What Is a Custom Dog Diet?
- ☐ **5. Establish Key Nutrient Monitoring**
Identify vital nutrients to monitor on your chosen diet, like protein sources, fiber content, and essential vitamins and minerals.
Reference Section: Mapping of common medical conditions to recommended diet approaches
- ☐ **6. Set Monitoring Metrics**
Track metrics like weight, stool consistency, and overall energy levels. Schedule follow-up checks at intervals recommended for your dog's condition.
Reference Section: Monitoring and practical follow-through
- ☐ **7. Regular Veterinary Consultation**
Schedule routine veterinary appointments to adjust dietary plans as needed, particularly if your dog has underlying health conditions.
Reference Section: When to involve a professional

☐ **8. Evaluate Diet Success**

Review your dog's health after 30-90 days on the new diet to assess improvements in weight, energy, and any allergy symptoms.

Reference Section: Simple tracking metrics to measure diet success over 30–90 days

☐ **9. Adapt as Needed**

Be ready to make adjustments based on your dog's responses, weight changes, or health progress. Continuous evaluation is key.

Reference Section: Health Benefits and Medical Considerations