



Template: Personalized Dog Nutrition Checklist

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Based on Article: "Personalized Dog Nutrition"

A practical checklist for dog owners to personalize their dog's nutrition based on individual needs.

Checklist Items:

- ☐ **1. Assess Body Condition Score (BCS)**
Evaluate your dog's BCS using a scoring guide to determine if they are underweight, ideal, or overweight. Adjust calorie intake based on this assessment.
Reference Section: How to Assess Your Dog's Nutritional Needs
- ☐ **2. Track Daily Activity**
Log your dog's activity for 7 days, noting duration and intensity. Classify days into Low, Moderate, or High activity to better understand their energy needs.
Reference Section: How to Assess Your Dog's Nutritional Needs
- ☐ **3. Calculate Tailored Calorie Needs**
Use the RER formula and activity multipliers to determine the daily calorie target based on your dog's weight, activity level, and BCS.
Reference Section: How to Assess Your Dog's Nutritional Needs
- ☐ **4. Choose Appropriate Macronutrients**
Select the right protein sources, fat levels, and carbohydrates based on your dog's activity level and any specific medical conditions.
Reference Section: What Is Personalized Dog Nutrition?
- ☐ **5. Implement Food Rotation Strategy**
Include a rotation of whole-food blends to provide variety and match your dog's changing nutritional requirements over time.
Reference Section: How to Build a Personalized Meal Plan
- ☐ **6. Integrate Limited-Ingredient Treats**
Select treats that won't disrupt your dog's diet. Opt for limited-ingredient options to prevent digestive issues.
Reference Section: What Is Personalized Dog Nutrition?
- ☐ **7. Monitor Weight and Health Improvements**
Regularly check your dog's weight and overall health. Adjust the meal plan as needed based on changes in body condition or activity.
Reference Section: What Is Personalized Dog Nutrition?

8. Consult a Veterinarian for Guidance

If you're uncertain about your dog's nutritional needs, consult a veterinarian for a tailored feeding plan or if you suspect any food sensitivities.

Reference Section: What Is Personalized Dog Nutrition?