



# Treat Tracker



## Petgevity's Expert Tips :

Dog Name \_\_\_\_\_  
 Daily Meals (No. & Size) \_\_\_\_\_  
 Ideal Walk Time \_\_\_\_\_  
 Goal Weight \_\_\_\_\_

### Rethink Treats, Don't Remove Them

Keep treats but choose smarter options. Swap cheese or sausages for blueberries, carrots, or weight-loss kibble.

### Get The Facts and Do The Maths

Work out your pet's calorie needs using online calculators, then measure portions using kcal information on packaging. Many overweight pets are unintentionally overfed.



### Weigh-ins Matter

Regular weigh-ins help track progress and spot issues early. Use vet or pet-shop scales for dogs and weigh cats in carriers.



### Choose The Right Food

Switching to wet or specialist weight-loss diets helps pets feel fuller with fewer calories.

### Stop Free-Feeding

Feed 3-4 set meals daily to control intake, reduce begging, & monitor changes.

DAY	WALKIES DURATION	TREAT TALLY	NO. OF SNEAKY HUMAN SNACKS	MEALS SERVED	MOOD TODAY
Monday					/ (5)
Tuesday					/ (5)
Wednesday					/ (5)
Thursday					/ (5)
Friday					/ (5)
Saturday					/ (5)
Sunday					/ (5)