



Weight and body condition log

Name of pet: Pet species: Breed: Neutered (y/n): Age: Starting Weight: Starting Pet Size-0-Meter* (PSOM) score: Target PSOM score:

| THIS MONTH'S WEIGHT | DATE | WEIGHT | GAIN/LOSS | PSOM SCORE | COMMENTS |
|---------------------|------|--------|-----------|------------|----------|
| 01 | | | | | |
| 02 | | | | | |
| 03 | | | | | |
| 04 | | | | | |
| 05 | | | | | |
| 06 | | | | | |
| 07 | | | | | |
| 08 | | | | | |
| 09 | | | | | |
| 10 | | | | | |
| 11 | | | | | |
| 12 | | | | | |

*The Pet Size-0-Meter (PSOM) is a simple chart to help pet owners assess whether their pet is a healthy size. It's a useful tool to use at home as part of the ongoing care routine. It can be downloaded from the PFMA website. If you'd like guidance on how to use it please speak to your local vet or visit www.pfma.org.uk

