

The Puppy Feeding and Growth Journal

Records for meals, appetite, weight, and digestion, with space for your vet's guidance

ABOUT THIS GUIDE

A record-keeping journal for meals, food details, food changes, appetite, water intake, weight, stool observations, and your veterinarian's feeding recommendations. It does not give feeding amounts or diagnose health problems.

Part of The New Puppy Survival Kit.



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Keep this journal with your vet records. Bring it to every appointment.

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START HERE

Feeding and growth journal

This journal helps you record what your puppy eats, drinks, and passes, and how they are growing. It is for your own records and for your conversations with your veterinarian.

It is **not** a source of feeding amounts or a way to diagnose a health problem. The right food, portion size, and growth pattern depend on your puppy's age, size, breed, health, activity, and the specific food you use. Your vet is the person to ask.

MAKE THE JOURNAL USEFUL

- ☐ Record observations on the same day they happen, while they are fresh.
- ☐ Write the exact food name and formulation from the bag, not a general description.
- ☐ Bring the journal to every vet visit, and mark questions as you think of them.
- ☐ Note anything that changes, even if it seems small.

WHEN TO CALL YOUR VET

Contact your vet promptly if your puppy stops eating, vomits repeatedly, has diarrhea that does not settle, shows blood in stool or vomit, seems weak or unwell, or drinks much more or less water than usual.

PROFILE

Puppy profile and food details

Record the basics here. You will refer back to these details when you change food or talk with your vet.

Puppy name _____

Date of birth or estimated age _____

Date arrived home _____

Breed or mix (as known) _____

Vet clinic and phone number _____

CURRENT FOOD

Brand and product name _____

Formulation or variety (for example, puppy, growth, or large breed) _____

Where and how it is stored _____

Date this food started _____

FOOD GIVEN BEFORE ARRIVAL (FROM BREEDER OR RESCUE)

TREATS AND EXTRAS

DAILY LOG

Daily feeding record

Record each meal, how much your puppy ate, and any treats. Fill in the amount as your vet or breeder has directed.

Date _____

Time	Meal or treat	Amount (as directed)	Eaten (all, most, some, none)	Notes

Example entry (fictional): 7:30 am, morning meal, amount as per vet plan, ate most of it within five minutes, no treats given.

OBSERVATIONS

Appetite and water intake

Appetite and water intake change naturally from day to day. Track patterns over a week, and note anything unusual.

Date	Water bowl checked (times)	Appetite (good, fair, poor)	Water (normal, more, less)	Notes

Water intake compared with usual: ☐ Normal ☐ More than usual ☐ Less than usual

WATCH FOR

A sudden change in drinking or eating that lasts more than a day or two is worth a call to your vet, especially in a young puppy.

FOOD CHANGES

Food-change record

Puppies often do best when food changes are gradual. Ask your vet whether your puppy needs a specific transition plan, and record each step here.

- ☐ Confirm the new food is appropriate for your puppy’s age and size, with your vet or breeder
- ☐ Plan a gradual change, if advised, mixing the new and old food in a slowly changing ratio
- ☐ Watch stool, appetite, and energy at every step
- ☐ Return to the previous step, or call your vet, if stool or appetite changes
- ☐ Record the date you completed the change

Date	Old food (amount)	New food (amount)	Stool (see stool log)	Appetite and energy	Notes

Date the new food was fully in place _____

GROWTH

Weight record

Weigh your puppy at the same time and in the same way each time, ideally at the vet’s clinic or on the same scale at home. Record the weight, then your vet will tell you what it means for your puppy.

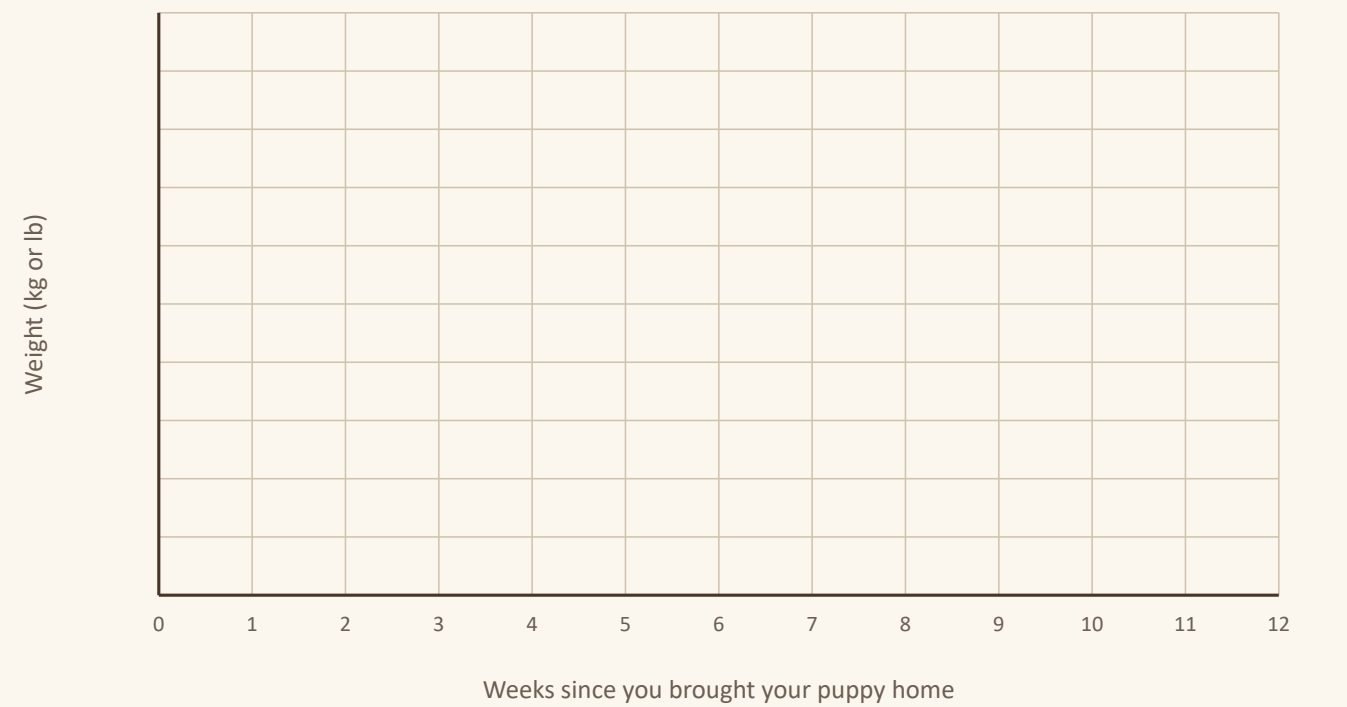
Date	Age (weeks)	Weight (kg or lb)	Where weighed	Notes

Ask your vet how often to weigh your puppy, and what growth pattern is expected for your puppy’s breed or mix.

GROWTH CHART

Growth history chart

Plot each weight from your weight record. A chart makes it easier to see patterns across weeks, and to share a clear picture with your vet.



Plot one point for each weight. Draw a line between points, and label the axis with your units.

Units used (kg or lb) _____

Vet's comments on growth (if given) _____

DIGESTION

Stool and digestive observations

Stool changes are one of the most useful things to record. Use simple descriptions, and note the time and any food or treat given before it.

Stool description	Example wording you can use
Firm and well-formed	Log-shaped, holds together when picked up
Soft	Holds some shape but does not stay firm
Loose	Spreads on the ground, no clear shape
Watery	Liquid, no clear shape
Contains blood or mucus	Note the color and amount, and call your vet
Hard or dry	Small, dry, or difficult to pass; note any straining

Date and time	Stool (description)	Colour	Any food or treat before it	Vomit or other notes

CALL YOUR VET IF

You see blood, persistent diarrhea, repeated vomiting, straining without passing stool, or your puppy seems unwell. Do not wait to see whether it passes.

PREPARING

Questions for the veterinarian

Write your questions here as they come up, and tick them off during your appointment. Bring this page with you.

- ☐ What food and feeding plan do you recommend for my puppy's age, size, and breed?
- ☐ How much should I feed, and how should I adjust it as my puppy grows?
- ☐ How should I change to a new food, and what should I watch for?
- ☐ What weight pattern do you expect for my puppy?
- ☐ Are there any foods, treats, or chews I should avoid?
- ☐ Should I add any supplements, or is my puppy's food complete for their stage?
- ☐ What stool or appetite changes should prompt a call?

MY OWN QUESTIONS

YOUR VET'S GUIDANCE

Veterinary feeding recommendations

Record the feeding plan your veterinarian gives you. Write it in their words, and ask for clarification if anything is unclear.

Date of recommendation _____

Veterinarian's name _____

FOOD RECOMMENDED BY THE VET

FEEDING PLAN (AS GIVEN BY THE VET)

RECOMMENDED TREATS, CHEWS, AND FOODS TO AVOID

NEXT REVIEW DATE

CHECKLIST

Food-change checklist

Use this checklist every time you change your puppy's food, including changing to a new bag of the same food if the formulation changes.

- ☐ Check with your vet or breeder before the change
- ☐ Confirm the new food's age and size suitability on the packaging
- ☐ Write the date and the new food name in the record
- ☐ Follow the transition plan you were given
- ☐ Watch stool, appetite, water intake, and energy each day
- ☐ Keep fresh water available at all times
- ☐ Note any vomiting, diarrhea, or reluctance to eat
- ☐ Call your vet if you have any concern
- ☐ Record the date the change was complete