

# Senior Dog Health Checklist

Ageing shows in small changes. Tick anything you've noticed this week.

## Movement

- Stiffness / limping
- Slower on walks
- Trouble with stairs
- Difficulty rising

## Appetite & weight

- Eating less / more
- Drinking more
- Weight change

## Toilet

- Accidents indoors
- Straining
- Going more often

## Behaviour & body

- More tired / sleeping more
- Restless at night
- Confusion
- New lumps
- Coughing
- Cloudy eyes

### Quick 7-day check (write 0 = none to 5 = severe)

	M	T	W	T	F	S	S
Weight							
Appetite							
Energy							
Mobility							
Toileting							

## Get the full Senior Dog Health Tracker

Auto weight-trend chart, symptom heatmap, medication log and a one-page Vet Visit Summary. Google Sheets + Excel + printable PDF.

<https://5063215777303.gumroad.com/l/senior-dog-health-tracker>

*Personal tracking aid, not medical or veterinary advice. It supports — not replaces — your professional.*