

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