

## THIS JOURNAL BELONGS TO

BREED	_____	CURRENT WEIGHT	_____
DATE OF BIRTH	_____	IDEAL WEIGHT RANGE	_____
VETERINARIAN	_____	LAST VET VISIT	_____

### When to Consult Your Veterinarian

Changes in BCS might signal underlying health issues rather than simple nutritional imbalances. Contact your veterinarian if you observe:

- Any change of more than 0.5 points on the BCS scale over 4-6 weeks
- Weight gain or loss exceeding 5% in 4 weeks
- Difficulty maintaining consistent BCS despite appropriate management
- Uncertainty about assessment accuracy
- Changes in appetite, energy, or mobility alongside BCS changes

*This journal template combines standardised photography, numerical assessments, nutritional monitoring, and exercise tracking to provide a complete picture of your dog's health trajectory.*

## 5-Point BCS Scale Reference

SCORE 1 Severely Underweight	SCORE 2 Underweight	SCORE 3 Ideal	SCORE 4 Overweight	SCORE 5 Obese
<ul style="list-style-type: none"> <li>• Ribs, spine, and hip bones easily visible</li> <li>• No palpable fat coverage</li> <li>• Severe muscle wasting evident</li> </ul>	<ul style="list-style-type: none"> <li>• Ribs easily felt with minimal pressure</li> <li>• Spine and hip bones visible</li> <li>• Minimal fat coverage, slight muscle wasting</li> </ul>	<ul style="list-style-type: none"> <li>• Ribs easily felt with light pressure but not visible</li> <li>• Slight fat covering present</li> <li>• Visible abdominal tuck when viewed from side</li> <li>• Waist clearly visible when viewed from above</li> </ul>	<ul style="list-style-type: none"> <li>• Ribs felt with moderate pressure</li> <li>• Moderate fat covering</li> <li>• Abdominal tuck less apparent</li> <li>• Waist less distinct</li> </ul>	<ul style="list-style-type: none"> <li>• Ribs difficult to feel due to heavy fat covering</li> <li>• Substantial fat deposits over spine and tail base</li> <li>• No abdominal tuck visible</li> <li>• No waist visible from above</li> </ul>

## Photo Documentation Standards

For BCS assessment, two primary views are essential for accurate evaluation.

SIDE VIEW PHOTOGRAPHY	OVERHEAD VIEW PHOTOGRAPHY
<ul style="list-style-type: none"> <li>• Position your dog standing naturally on a flat surface</li> <li>• Camera should be at the same height as your dog's chest</li> <li>• Take photo from approximately 1.5-2 meters away</li> <li>• Ensure the entire dog profile is visible from nose to tail</li> <li>• Background should be plain and uncluttered</li> <li>• Good lighting without harsh shadows is essential</li> </ul>	<ul style="list-style-type: none"> <li>• Position your dog standing naturally</li> <li>• Camera should be directly above, showing the waist tuck</li> <li>• Capture from shoulders to hips</li> <li>• Ensure both sides of the dog are equally visible</li> <li>• Maintain consistent distance (approximately 1 meter above)</li> </ul>

# Monthly Assessment Pages

DATE \_\_\_\_\_ BCS SCORE (1-5 SCALE) \_\_\_\_\_

WEIGHT (KG) \_\_\_\_\_ ASSESSED BY \_\_\_\_\_

## BCS TRACKING CHART

DATE	BCS SCORE	WEIGHT (KG)	VISUAL CHANGES NOTED	ACTION TAKEN

**TIP: Assess BCS at the same time each month**

**MONTHLY PHOTO RECORD**

DATE	SIDE VIEW PHOTO	OVERHEAD VIEW PHOTO	NOTES

# Daily Nutrition Log: Caloric Intake Tracking

*Systematic tracking helps prevent gradual weight gain over time.*

DATE \_\_\_\_\_ TOTAL DAILY CALORIES \_\_\_\_\_

## MAIN MEALS:

MEAL TIME	FOOD TYPE	AMOUNT (GRAMS)	CALORIES
Morning			
Evening			

Total Main Meal Calories: \_\_\_\_\_

## TREATS AND EXTRAS:

TIME	TRAINING/OCCASION	TREAT TYPE	QUANTITY	CALORIES

Total Treat Calories: \_\_\_\_\_

# Daily Exercise Log: Exercise and Activity Monitoring

*An 8-week exercise program with at least 2 km twice weekly can significantly reduce BCS*

DATE \_\_\_\_\_

ACTIVITY TYPE	DURATION (Minutes)	INTENSITY (Low/Med/High)	WEATHER	NOTES
Walk				
Play				
Training				
Other				

Total Exercise Time (minutes): \_\_\_\_\_

## Exercise Quality Assessment

Energy level during exercise (Low / Medium / High)

Recovery time (Fast / Normal / Slow)

Enthusiasm (Low / Medium / High)

Any limitations noted

# Weekly Score Card

MONTH \_\_\_\_\_

## Weekly Caloric Summary

Week Starting	Total Main Meals	Total Treats	Total Daily Average	Target Range	Over/Under

## Weekly Exercise Summary

Week Starting	Daily Average (minutes)	Total Weekly (minutes)	Weather Impact	BCS Changes

# Health Monitoring, Goal Setting and Progress Tracking

## Monthly Health Assessment (Physical Observations)

Coat condition	_____	Mobility/joint health	_____
Energy levels	_____	Stool changes	_____
Appetite changes	_____	Any concerns	_____

## Monthly Goals

CURRENT STATUS	
BCS Score	
Weight (Kg)	
Average daily calories	
Average daily exercise (minutes)	

GOALS FOR NEXT MONTH	
Target BCS	
Target weight (Kg)	
Daily calorie target	
Daily exercise target (minutes)	

## Action Plan

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## 3-Month Progress Review

Starting BCS	_____	Current BCS	_____
Starting weight (Kg)	_____	Current weight (Kg)	_____
Trends observed	_____		_____
Successful strategies	_____		_____
Areas for improvement	_____		_____

## Veterinary Consultation Tracker

DATE	REASON	BCS ASSESSMENT	WEIGHT (KG)	RECOMMENDATIONS	FOLLOW-UP