

FEEDING FOR SUCCESS: TIPS FOR SUCCESSFUL WEIGHT MANAGEMENT

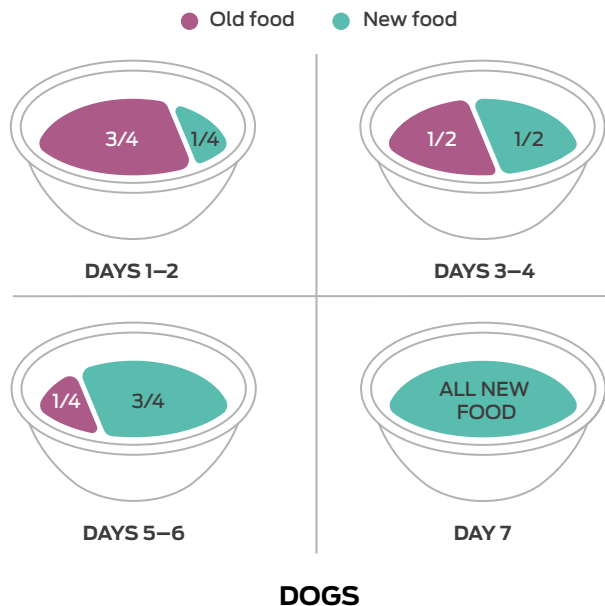


Our goal is to return your pet to an ideal body condition and help them have a long, healthy life. To ensure your pet eats all the essential nutrients they need while losing weight, we recommend switching to the therapeutic weight loss diet or weight management diet as specified below. Treats, if fed, should be limited to 10% or less of your pet's daily caloric intake. If you are unsure about the calorie count of your pet's favorite treat, ask us.

Weight management program guidelines and tips

To help your pet lose weight effectively, it is important to adhere to the following guidelines:

- **Gradually transition your pet to the new food** over 7 days to minimize the risk of stomach upset. See the transition schedules below for dogs and cats. For dogs, the two foods can be mixed in the same bowl. For cats, we recommend two bowls—one of the new food and one of the current food fed side by side.



- **After the transition, feed the new diet exclusively and use treats only if recommended below.**
- **Control access to other foods:**
 - If your pet steals food from other pets, consider separating them during mealtime.
 - If your pet tends to eat food dropped by children, consider keeping the pet in a different room during mealtimes.
 - Begging is a learned behavior and does not necessarily mean your pet is hungry. Talk to us about ways to handle begging behavior and healthy, low calorie treat options.
 - Family members, friends, and neighbors should be informed of your pet's new diet plan.

Weight management program guidelines and tips (cont.)

- **An increase in exercise or play may help your pet lose weight.**
- **Use a journal to track your pet's body condition (and weight, if weighed at home) between visits.**
This information will help us evaluate the effectiveness of the weight management program. Based on your pet's response, we may need to adjust the weight management plan.
- We will demonstrate how to evaluate your pet's body condition. You can also watch a video on how to assess your [dog](#) or [cat](#).
- **Please contact us if:**
 - You change your mind and wish to feed different food(s) and/or treats.
 - Your pet refuses to eat the new food.
 - Your pet vomits or has diarrhea.

A weight management program can be challenging. When weight loss occurs at a slow and steady rate, it can take time to notice that weight loss has occurred. Every pet is different, and we may increase or decrease the amount of food offered depending upon the individual needs of your pet. Therefore, continued engagement with us will help us work as a team to help your pet attain a healthier weight.

We are here to work with you and your pet throughout this entire process. Please contact us between rechecks if you have any questions or concerns.

Clinic name: _____

Contact information: _____

Recommendations for: _____ **(Pet's name)**

Food brand name and formula: _____

How much to feed: _____ (check one) grams ounces

How many times per day: _____

Measure your pet's food by weight using a scale. If a kitchen scale is not available, measure carefully with a 250-mL/8-oz cup that is marked with the appropriate amount to feed.

Feed using a: Bowl Slow-feeder bowl Automatic feeder Puzzle feeder

Treat name(s): _____ How many treats per day: _____

We may instead recommend setting aside _____ grams or _____ oz/cup of the kibble each day or feeding/offering _____ as treats.

Exercise type: _____ How much: _____

How many times per day/week: _____

Weight rechecks: Return to the clinic to weigh every: _____

For cats and small dogs, monitor weight at home using a scale between clinic rechecks every: _____

Body condition: Monitor every: _____