

7-Day Dog Appetite & Medication Tracker

A simple printable tracker for spotting patterns when your dog isn't eating normally.

Why track several days?

A single good or bad meal doesn't always tell the whole story. Record what your dog actually eats, estimated calories, medication timing, and anything else you notice. Looking at several days together can make appetite trends easier to see and give your veterinarian more useful information.

Before You Start

Dog's name

Week of

Daily calorie
goal*

Starting weight

*If your veterinarian has given you a calorie target, write it here. If not, don't guess at a medical calorie requirement - ask your vet what makes sense for your dog.

Appetite Rating

1 - None	2 - Very poor	3 - Fair	4 - Good	5 - Normal/strong
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What to Record

Food & amount	What you offered and roughly how much your dog actually ate.
Estimated calories	Use package information when possible. An estimate is still useful for spotting trends.
Medication & time	Record prescribed medications and when they were given so you can notice possible timing patterns.
Appetite	Use the 1-5 scale above. This is your observation, not a medical score.
Notes	Examples: hand-fed, spoon-fed, bowl used, nausea signs, vomiting, diarrhea, unusually tired, favorite/rejected foods.

Important: This tracker can help you notice patterns and share clearer information with your veterinarian. It is not a substitute for veterinary care. Contact your vet if your dog suddenly stops eating, is losing weight, has concerning symptoms, or isn't meeting intake goals your veterinary team has set.

Day 1

Date: _____ Weight (if checked): _____

Time	Food Offered	Amount Eaten	Est. Calories	Medication / Time	Appetite 1-5

Daily calorie total: _____ Overall appetite today (1-5): _____

Notes / symptoms / what worked:

Day 2

Date: _____ Weight (if checked): _____

Time	Food Offered	Amount Eaten	Est. Calories	Medication / Time	Appetite 1-5

Daily calorie total: _____ Overall appetite today (1-5): _____

Notes / symptoms / what worked:

Day 3

Date: _____ Weight (if checked): _____

Time	Food Offered	Amount Eaten	Est. Calories	Medication / Time	Appetite 1-5

Daily calorie total: _____ Overall appetite today (1-5): _____

Notes / symptoms / what worked:

Day 4

Date: _____ Weight (if checked): _____

Time	Food Offered	Amount Eaten	Est. Calories	Medication / Time	Appetite 1-5

Daily calorie total: _____ Overall appetite today (1-5): _____

Notes / symptoms / what worked:

Day 5

Date: _____ Weight (if checked): _____

Time	Food Offered	Amount Eaten	Est. Calories	Medication / Time	Appetite 1-5

Daily calorie total: _____ Overall appetite today (1-5): _____

Notes / symptoms / what worked:

Day 6

Date: _____ Weight (if checked): _____

Time	Food Offered	Amount Eaten	Est. Calories	Medication / Time	Appetite 1-5

Daily calorie total: _____ Overall appetite today (1-5): _____

Notes / symptoms / what worked:

Day 7

Date: _____ Weight (if checked): _____

Time	Food Offered	Amount Eaten	Est. Calories	Medication / Time	Appetite 1-5

Daily calorie total: _____ Overall appetite today (1-5): _____

Notes / symptoms / what worked:

7-Day Summary

Use the whole week to look for trends rather than letting one unusually good or bad day tell the entire story.

Total calories for the week		Average calories per day	
Ending weight		Weight change	

Foods that worked best this week:

Foods my dog consistently refused:

Patterns I noticed (time of day, medication timing, bowl/serving method, etc.):

Questions or notes to share with my veterinarian:
