

Fit and Healthy for Life!

Congratulations on taking the big first step for _____'s health through healthy, effective weight loss!

Get a head start on success by including your whole family in the weight management plan. We can help you decide the following:

Feeding

Who feeds your pet, when, and how much?

Treats

Who gives treats, when, and how much?

Exercise

Who exercises your pet, when, and how long?

➔ **Talk to us about your challenges.** Chances are, others have overcome similar hurdles, and we can help! Come to us for solutions, tips, and inspiration. And, if anything isn't working well, we can change the weight management plan so that it fits your family's lifestyle and schedule.

Current weight: _____ Target weight for next visit: _____ Goal/ideal weight: _____

Diet type/name: _____

Amount and number of feedings/day: _____ Treat allowance: _____

Next appointment/weigh-in: _____

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