Weight Management Algorithm

Take a full dietary history and perform a physical exam. That exam should include a nutritional assessment with body condition score (BCS) and/or muscle condition score (MCS). Explain what you are doing as you do it. Record the nutritional assessment and BCS/MCS in the medical record.

Has the client been informed about weight management?

- No
- Yes

Introduce the concepts of ideal weight and weight management.

Discuss weight management and assess client’s readiness to change. Is the client ready to proceed now?

- No
- Yes

- No
- Yes

Has current weight-loss goal been met?

Ask questions to tailor the weight management plan to the client’s and pet’s unique situation. Address problems and pose possible solutions.

Create or revise a plan, including feeding amounts, diet type, treats, and exercise. Record the nutritional assessment and dietary recommendation in the medical record at every visit.


Re-evaluate and reweigh periodically. Create next goal at each weigh-in.