

Pet Wellness Checklist

Daily & Weekly Habits for Preventive Health

Use this checklist to support your pet's overall well-being with consistent care, natural supplements & thoughtful observation.

Daily Habits

- ☐ Feed high-quality, nutrient-rich food
Notes: _____
- ☐ Add gut-friendly extras (e.g., pumpkin, bone broth)
Notes: _____
- ☐ Give daily digestive support (Cat Probiotic Powder)
Notes: _____
- ☐ Support immunity with daily drops (Immunity Blend)
Notes: _____
- ☐ Provide fresh, clean water
Notes: _____
- ☐ Monitor hydration level
Notes: _____
- ☐ Add Kidney Health Support if needed
Notes: _____
- ☐ Daily physical activity (walks, playtime, stretching)
Notes: _____
- ☐ Support joints & coat (Mobility & Coat Care Chews)
Notes: _____
- ☐ Check mood, appetite & stool quality
Notes: _____

Weekly Habits

- ☐ Do a full nose-to-tail check (coat, gums, eyes, weight)
Notes: _____
- ☐ Observe for seasonal changes (lethargy, sneezing, stiffness)
Notes: _____
- ☐ Use Cold Symptom Support if needed
Notes: _____
- ☐ Reassess supplement needs (adjust if needed)
Notes: _____
- ☐ Track overall wellness (energy, sleep, digestion)
Notes: _____
- ☐ Rotate enrichment activities (walk routes, puzzle toys)
Notes: _____
- ☐ Log observations in a weekly health journal
Notes: _____
- ☐ Refill supplement supply if running low
Notes: _____

Supplement Quick List

- ☐ Cat Probiotic Powder
- ☐ Immunity Blend
- ☐ Kidney Health Support
- ☐ Mobility & Coat Care Chews
- ☐ Cold Symptom Support

