

# Body Score Chart

## WHAT'S YOUR DOG'S SCORE?

### 1. TOO THIN

Your dog is underweight



### 2. SLIM

Your dog should weigh a bit more



### 3. PERFECT

Your dog is at a healthy weight



### 4. OVERWEIGHT

Your dog weighs a little too much



### 5. OBESE

Your dog is overweight



### TOO THIN

Your dog's ribs, spine, hip-bones and shoulder blades are easily seen. He has no belly fat and little muscle mass.

- + Slowly increase your dog's food and keep activity to a minimum for now
- + Take your dog to your veterinarian and create a plan to gain weight safely
- + Watch your dog blossom with good health as he gains weight

### SLIM

If your dog's ribs are very easily felt (like your knuckles are when you make a fist) then a little more balanced nutrition may be necessary to be at an acceptable and healthy weight.

- + Slowly increase your dog's food until you find the right amount
- + Maintain a moderate level of activity

### PERFECT

Your dog has a slight tummy tuck and a nice moderate covering of body fat over the ribs and spine. Running your hands down his side you should be able to feel his ribs and hips without pressing hard and there are no rolls of fat.

- + You have found the magic balance of nutrition and activity. Keep up the good work!

### OVERWEIGHT

It takes a bit of work to find your dogs ribs with your hands and there is extra fat over his shoulders and at the base of his tail. His waistline is pretty much non-existent.

- + Time to cut back on those 'extras' and decrease his calorie intake
- + Increase activity to get your dog back into shape

### OBESE

You have to dig around to find those ribs and a pot belly is present along with rolls of fat over the shoulders and base of tail. This condition is unhealthy and a weight loss plan is needed.

- + Time to up the exercise and reduce the calorie intake
- + Take your dog to your veterinarian and create a plan to lose weight safely
- + Watch your dog blossom with good health as he loses weight