

# Food Diary



Name of pet:  Pet species:  Breed:  Neutered (y/n):

Age:  Starting Weight:  Starting Pet Size-0-Meter\* (PSOM) score:  Target PSOM score:

**This food diary will help you keep a record of what your pet is eating – you may be surprised at the end of the week just how many treats have been given!**

Everyone in your household needs to fill this chart in and it's important to note what amounts have been given too. In doing this you will be able to see where problem areas may lay and, when used in conjunction with our weight and body condition log, will help you make changes to your pets lifestyle and diet to ensure they reach a good body condition.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Food</b> (type e.g. wet or dry and how much of each)							
<b>Food Measured?</b> Y/N							
<b>All Treats</b> (including any leftovers and any food used to give medication)							
<b>Exercise</b>							

\*The Pet Size-0-Meter (PSOM) is a simple chart to help pet owners assess whether their pet is a healthy size. It's a useful tool to use at home as part of the ongoing care routine. It can be downloaded from the PFMA website. If you'd like guidance on how to use it please speak to your local vet or visit [www.pfma.org.uk](http://www.pfma.org.uk)