

# CLIENT WEIGHT LOSS QUESTIONNAIRE

Client's name: \_\_\_\_\_

Pet's name: \_\_\_\_\_

Species (dog/cat): \_\_\_\_\_

Breed: \_\_\_\_\_

To help us better manage your pet's weight loss program we need you to provide some specific information on your feeding practices and your pet's home life.

## Nutrition Questions:

1. What food do you give (be as specific as possible)? \_\_\_\_\_  
Do you know how much you give (specify)? \_\_\_\_\_
2. Do you measure your pet's food or do you free feed? \_\_\_\_\_  
Do you use a measuring cup or a gram scale? \_\_\_\_\_
3. What type of food do you feed your pet (dry, wet, both)? \_\_\_\_\_
4. If you feed dry then what type or brand? \_\_\_\_\_  
How many calories are there per cup? \_\_\_\_\_  
How many cups do you feed per day? \_\_\_\_\_  
How many meals do you feed per day? \_\_\_\_\_
5. If you feed wet then what type or brand? \_\_\_\_\_  
How many calories are there per can or packet? \_\_\_\_\_  
How many cans or packets do you feed per day? \_\_\_\_\_  
How many meals do you feed per day? \_\_\_\_\_
6. What treats do you give (pet store or human food)? \_\_\_\_\_  
Do you know how many calories there are in each treat? \_\_\_\_\_  
How many treats do you give each day? \_\_\_\_\_  
How often do you give treats? \_\_\_\_\_
7. Does your pet beg for food? \_\_\_\_\_
8. Are there other pets at home? \_\_\_\_\_  
Do they tend to share or steal each other's food? \_\_\_\_\_
9. Are there any children in the home? \_\_\_\_\_
10. Who feeds your pet? \_\_\_\_\_  
Is there one dedicated family member that has this job? \_\_\_\_\_

## Exercise Questions:

1. What type of exercise does your pet get (park, leash walks, back yard)? \_\_\_\_\_
2. How many times per day does your pet get exercise? \_\_\_\_\_
3. How long does each exercise session last? \_\_\_\_\_
4. What level of intensity would you consider the exercise to be (low, moderate, active, very active)? \_\_\_\_\_
5. Does your pet suffer from any physical ailments like arthritis? \_\_\_\_\_
6. Does your pet have challenges with long walks, climbing stairs? \_\_\_\_\_

# BODY CONDITION SCORE > CANINE

TOO THIN



- 1**
  - Ribs, spine and pelvic bones are clearly evident
  - No discernible body fat
  - Obvious loss of muscle mass
- 2**
  - Ribs, spine and pelvic bones are easily visible
  - No palpable fat
  - Some bony prominences
  - Minimal loss of muscle mass
- 3**
  - Ribs easily palpable and may be visible with no palpable fat
  - Tops of lumbar vertebrae visible and pelvic bones becoming prominent
  - Obvious waist and abdominal tuck

IDEAL



- 4**
  - Ribs easily palpable with minimal fat covering
  - Waist easily noted when viewed from above
  - Abdominal tuck evident
- 5**
  - Ribs palpable without excess fat covering
  - Waist observed behind ribs when viewed from above
  - Abdomen tucked up when viewed from the side

OVERWEIGHT



- 6**
  - Ribs palpable with slight excess fat covering
  - Waist is discernable when viewed from above, but it's not prominent
  - Abdominal tuck apparent

OBESE



- 7**
  - Ribs barely palpable under thick layer of fat
  - Noticeable fat deposits over lumbar area and base of tail
  - Waist absent or barely visible
  - Abdominal tuck may be absent
- 8**
  - Ribs barely palpable under thick layer of fat, or palpable with significant pressure
  - Noticeable fat deposits over lumbar area and base of tail
  - Waist absent
  - Abdominal tuck may be absent
- 9**
  - Massive fat deposits over thorax, spine and base of tail
  - Waist and abdominal tuck absent
  - Fat deposits on neck and limbs
  - Obvious abdominal distension

# BODY CONDITION SCORE > SMALL DOG

**TOO THIN**



- 1**
- Ribs, spine and pelvic bones are clearly evident
  - No discernible body fat
  - Obvious loss of muscle mass

- 2**
- Ribs, spine and pelvic bones are easily visible
  - No palpable fat
  - Some bony prominences
  - Minimal loss of muscle mass

- 3**
- Ribs easily palpable and may be visible with no palpable fat
  - Tops of lumbar vertebrae visible and pelvic bones becoming prominent
  - Obvious waist and abdominal tuck

**IDEAL**



- 4**
- Ribs easily palpable with minimal fat covering
  - Waist easily noted when viewed from above
  - Abdominal tuck evident

- 5**
- Ribs palpable without excess fat covering
  - Waist observed behind ribs when viewed from above
  - Abdomen tucked up when viewed from the side

**OVERWEIGHT**



- 6**
- Ribs palpable with slight excess fat covering
  - Waist is discernable when viewed from above, but it's not prominent
  - Abdominal tuck apparent

**OBESE**



- 7**
- Ribs barely palpable under thick layer of fat
  - Noticeable fat deposits over lumbar area and base of tail
  - Waist absent or barely visible
  - Abdominal tuck may be absent

- 8**
- Ribs barely palpable under thick layer of fat, or palpable with significant pressure
  - Noticeable fat deposits over lumbar area and base of tail
  - Waist absent
  - Abdominal tuck may be absent

- 9**
- Massive fat deposits over thorax, spine and base of tail
  - Waist and abdominal tuck absent
  - Fat deposits on neck and limbs
  - Obvious abdominal distension

# BODY CONDITION SCORE > FELINE

TOO THIN



- 1**
- Ribs, spine and pelvic bones easily visible
  - Very narrow waist
  - Small amount of muscle
  - No palpable fat on rib cage
  - Severe abdominal tuck

- 2**
- Ribs easily visible
  - Very narrow waist
  - Loss of muscle mass
  - No palpable fat on rib cage
  - Very pronounced abdominal tuck

- 3**
- Ribs visible
  - Obvious waist
  - Minimal amount of abdominal fat
  - Noticeable abdominal tuck

IDEAL



- 4**
- Ribs not visible, but are easily palpable
  - Obvious waist
  - Small amount of abdominal fat

- 5**
- Well proportioned
  - Ribs not visible but are easily palpable
  - Obvious waist
  - Small amount of abdominal fat
  - Slight abdominal tuck

OVERWEIGHT



- 6**
- Ribs not visible but palpable
  - Waist not clearly defined from above
  - Very slight abdominal tuck

OBESE



- 7**
- Ribs difficult to feel under the fat
  - Waist barely visible
  - No abdominal tuck
  - Rounding of abdomen with moderate abdominal pad

- 8**
- Ribs not palpable under fat
  - Waist not visible
  - Slight abdominal distension

- 9**
- Ribs not palpable under a thick layer of fat
  - Waist absent
  - Obvious abdominal distension
  - Extensive abdominal fat deposits

# TREATS

## The challenges:

- For some pet owners giving treats is an integral part of the bond they share with their pet
- Pet owners are sometimes reluctant to give up feeding treats

## Consider these treat options:

- Set some of their daily kibble allotment aside and use it as treats
- Incorporate a wet weight loss diet into the weight loss plan and use it as a treat

## Need another option?

Some pet owners want to give a treat that is different from the regular diet. That's okay! Follow these simple guidelines:

- Treats should not consist of more than 10% of the pet's daily calories to prevent unbalancing the diet
- Select a treat with a known calorie content
- Select a low calorie treat so the pet owner can give a larger number without giving excess calories – Medi-treats are a great option!
- Avoid human foods since their calorie content can be difficult to assess and some human food is very high in calories (see table)
- Communicate to the pet owner exactly how many of the selected treat they can give each day

## Here's an example:

The estimated caloric intake for weight loss for a 10 kg dog with a BCS of 8/9 and an ideal body weight of 7.7kg is 324 calories per day.

- 10% of the daily caloric intake is 32 calories – this is the equivalent of 2 Medi-treats per day
- The remaining 292 calories would come from the weight loss diet

Did you know...one hotdog or one ounce of cheese represents one third of this dog's daily caloric intake?



Common treats given by pet owners			
Treat		Quantity	Calories
	French Fry	1	9
	Hot Dog	1	110
	Chicken	1 ounce	50
	Beef	1 ounce	52
	Cheese	1 ounce	100
	Peanut Butter	1 tbsp	92
	Bread	1 slice	105

# EXERCISE

Exercise is an important part of every weight loss program, but before implementing an exercise program there are many factors to consider. Review the following questions with the pet owner:

1. What is the cardiovascular state of the pet?
2. What is the current level of exercise?
3. What is the pet and pet owner's lifestyle?
4. Are there mobility or pain issues that need to be addressed, such as arthritis, that may affect the pet's ability to exercise?

When it comes to exercising pets, think outside of the box. Tailor the exercise program to meet the needs of the individual pet as well as their owner.

## Cats

Cats are sprinters by nature. When they play their energy is exerted in short bursts. Here are some tips when designing an exercise program for cats:

- Break exercise or play sessions into many short periods throughout the day
- When starting out keep sessions short (1-2 minutes a few times per day) and gradually increase as the cat's fitness and ability improve
- Try a variety of toys designed to stimulate their natural predatory behaviour. It may take time to discover the toy that motivates the cat the most.
- Alternate toys on a weekly basis to prevent the cat from becoming bored
- Divide meals up and place them at various locations in the home to stimulate both movement and hunting behaviour
- Encourage the cat to use activity centres for climbing and scratching

**Success Tip:** *Pets that are severely obese or that suffer from painful and debilitating conditions like arthritis may require a more specialized exercise program. In these situations consider referring the pet owner to a veterinarian that has specialized training in rehabilitation and pain management.*



## Dogs

The best approach to exercise with dogs is daily controlled activity. The list of possible exercises for dogs is lengthy, and they range from low impact activities such as walking, to high impact activities like running and agility. Here are some exercise options to discuss with the pet owner:

- **Walking** – this is a great low impact exercise that most dogs can engage in successfully. Start with what's achievable and then slowly increase the length of the walks by a couple of minutes every week.
- **Swimming** – a great form of exercise to help with cardiovascular fitness. It is not as controlled as walking and could exacerbate certain orthopaedic conditions.
- **Running** – this may be a suitable option for a pet that is mildly overweight. It requires a certain baseline of physical fitness and could exacerbate certain orthopaedic conditions.
- **Hiking or trail walking** – Walking on different terrain can improve the use of different muscles and may be a safer alternative for some dogs to walking on concrete. Start with an achievable distance and terrain level and allow the pet to accommodate prior to increasing the challenge.
- **Land-based treadmill** – A great form of controlled physical activity that can be used regardless of the weather and initial fitness of the pet. Controllable parameters such as speed and incline make it easy to make slow adjustments.
- **Underwater treadmill** – This combines hydrotherapy with the controllable parameters of a treadmill. This type of exercise is of particular benefit to dogs that are severely debilitated by their obesity or that suffer from orthopaedic conditions such as arthritis.