


Pet Journal



A 30-Day Guided Journal



Hybrid



Created with LoomJournals



How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

-
- Check off daily care tasks — water, walk, grooming, medication
 - Rate your pet's appetite, mood, energy, and sleep quality
 - Log feeding details and weight when relevant
 - Write daily observations about behavior and health
 - Note highlights, milestones, and memorable moments



Scan for a detailed guide on how to use this journal

Date: _____

Feeding: _____

Appetite: 1 2 3 4 5 6 7 8 9 10

Water intake:

Walk:

Exercise:

Grooming:

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

Energy level (1-10): 1 2 3 4 5 6 7 8 9 10

Sleep: 1 2 3 4 5 6 7 8 9 10

Weight (kg): _____

Medication:

Vet visit:



Daily observation *(how is your pet today? note energy, behavior, anything unusual — changes in routine,...)*

Behavior notes *(challenging behavior? what helped, what didn't?)*

Date: _____

Feeding: _____

Appetite: 1 2 3 4 5 6 7 8 9 10

Water intake:

Walk:

Exercise:

Grooming:

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

Energy level (1-10): 1 2 3 4 5 6 7 8 9 10

Sleep: 1 2 3 4 5 6 7 8 9 10

Weight (kg): _____

Medication:

Vet visit:



Daily observation *(how is your pet today? note energy, behavior, anything unusual — changes in routine,...)*

Behavior notes *(challenging behavior? what helped, what didn't?)*

Date: _____

Feeding: _____

Appetite: 1 2 3 4 5 6 7 8 9 10

Water intake:

Walk:

Exercise:

Grooming:

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

Energy level (1-10): 1 2 3 4 5 6 7 8 9 10

Sleep: 1 2 3 4 5 6 7 8 9 10

Weight (kg): _____

Medication:

Vet visit:



Daily observation *(how is your pet today? note energy, behavior, anything unusual — changes in routine,...*

Behavior notes *(challenging behavior? what helped, what didn't?)*

Date: _____

Feeding: _____

Appetite: 1 2 3 4 5 6 7 8 9 10

Water intake:

Walk:

Exercise:

Grooming:

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

Energy level (1-10): 1 2 3 4 5 6 7 8 9 10

Sleep: 1 2 3 4 5 6 7 8 9 10

Weight (kg): _____

Medication:

Vet visit:



Daily observation *(how is your pet today? note energy, behavior, anything unusual — changes in routine,...)*

Behavior notes *(challenging behavior? what helped, what didn't?)*

Date: _____

Feeding: _____

Appetite: 1 2 3 4 5 6 7 8 9 10

Water intake:

Walk:

Exercise:

Grooming:

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

Energy level (1-10): 1 2 3 4 5 6 7 8 9 10

Sleep: 1 2 3 4 5 6 7 8 9 10

Weight (kg): _____

Medication:

Vet visit:



Daily observation *(how is your pet today? note energy, behavior, anything unusual — changes in routine,...)*

Behavior notes *(challenging behavior? what helped, what didn't?)*

Date: _____

Feeding: _____

Appetite: 1 2 3 4 5 6 7 8 9 10

Water intake:

Walk:

Exercise:

Grooming:

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

Energy level (1-10): 1 2 3 4 5 6 7 8 9 10

Sleep: 1 2 3 4 5 6 7 8 9 10

Weight (kg): _____

Medication:

Vet visit:



Daily observation *(how is your pet today? note energy, behavior, anything unusual — changes in routine,...*

Behavior notes *(challenging behavior? what helped, what didn't?)*

Date: _____

Feeding: _____

Appetite: 1 2 3 4 5 6 7 8 9 10

Water intake:

Walk:

Exercise:

Grooming:

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

Energy level (1-10): 1 2 3 4 5 6 7 8 9 10

Sleep: 1 2 3 4 5 6 7 8 9 10

Weight (kg): _____

Medication:

Vet visit:



Daily observation *(how is your pet today? note energy, behavior, anything unusual — changes in routine,...*

Behavior notes *(challenging behavior? what helped, what didn't?)*

Date: _____

Feeding: _____

Appetite: 1 2 3 4 5 6 7 8 9 10

Water intake:

Walk:

Exercise:

Grooming:

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

Energy level (1-10): 1 2 3 4 5 6 7 8 9 10

Sleep: 1 2 3 4 5 6 7 8 9 10

Weight (kg): _____

Medication:

Vet visit:



Daily observation *(how is your pet today? note energy, behavior, anything unusual — changes in routine,...)*

Behavior notes *(challenging behavior? what helped, what didn't?)*

Date: _____

Feeding: _____

Appetite: 1 2 3 4 5 6 7 8 9 10

Water intake:

Walk:

Exercise:

Grooming:

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

Energy level (1-10): 1 2 3 4 5 6 7 8 9 10

Sleep: 1 2 3 4 5 6 7 8 9 10

Weight (kg): _____

Medication:

Vet visit:



Daily observation *(how is your pet today? note energy, behavior, anything unusual — changes in routine,...)*

Behavior notes *(challenging behavior? what helped, what didn't?)*

Date: _____

Feeding: _____

Appetite:

1 2 3 4 5 6 7 8 9 10

Water intake:

Walk:

Exercise:

Grooming:

Mood (1-10):

1 2 3 4 5 6 7 8 9 10

Energy level (1-10):

1 2 3 4 5 6 7 8 9 10

Sleep:

1 2 3 4 5 6 7 8 9 10

Weight (kg): _____

Medication:

Vet visit:

Daily observation *(how is your pet today? note energy, behavior, anything unusual — changes in routine,...*

Behavior notes *(challenging behavior? what helped, what didn't?)*

Date: _____

Feeding: _____

Appetite:

1 2 3 4 5 6 7 8 9 10

Water intake:

Walk:

Exercise:

Grooming:

Mood (1-10):

1 2 3 4 5 6 7 8 9 10

Energy level (1-10):

1 2 3 4 5 6 7 8 9 10

Sleep:

1 2 3 4 5 6 7 8 9 10

Weight (kg): _____

Medication:

Vet visit:

Daily observation *(how is your pet today? note energy, behavior, anything unusual — changes in routine,...)*

Behavior notes *(challenging behavior? what helped, what didn't?)*

Date: _____

Feeding: _____

Appetite: 1 2 3 4 5 6 7 8 9 10

Water intake:

Walk:

Exercise:

Grooming:

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

Energy level (1-10): 1 2 3 4 5 6 7 8 9 10

Sleep: 1 2 3 4 5 6 7 8 9 10

Weight (kg): _____

Medication:

Vet visit:



Daily observation *(how is your pet today? note energy, behavior, anything unusual — changes in routine,...*

Behavior notes *(challenging behavior? what helped, what didn't?)*

Date: _____

Feeding: _____

Appetite:

1 2 3 4 5 6 7 8 9 10

Water intake:

Walk:

Exercise:

Grooming:

Mood (1-10):

1 2 3 4 5 6 7 8 9 10

Energy level (1-10):

1 2 3 4 5 6 7 8 9 10

Sleep:

1 2 3 4 5 6 7 8 9 10

Weight (kg): _____

Medication:

Vet visit:

Daily observation *(how is your pet today? note energy, behavior, anything unusual — changes in routine,...)*

Behavior notes *(challenging behavior? what helped, what didn't?)*

Date: _____

Feeding: _____

Appetite: 1 2 3 4 5 6 7 8 9 10

Water intake:

Walk:

Exercise:

Grooming:

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

Energy level (1-10): 1 2 3 4 5 6 7 8 9 10

Sleep: 1 2 3 4 5 6 7 8 9 10

Weight (kg): _____

Medication:

Vet visit:



Daily observation *(how is your pet today? note energy, behavior, anything unusual — changes in routine,...*

Behavior notes *(challenging behavior? what helped, what didn't?)*

Date: _____

Feeding: _____

Appetite: 1 2 3 4 5 6 7 8 9 10

Water intake:

Walk:

Exercise:

Grooming:

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

Energy level (1-10): 1 2 3 4 5 6 7 8 9 10

Sleep: 1 2 3 4 5 6 7 8 9 10

Weight (kg): _____

Medication:

Vet visit:



Daily observation *(how is your pet today? note energy, behavior, anything unusual — changes in routine,...)*

Behavior notes *(challenging behavior? what helped, what didn't?)*

Date: _____

Feeding: _____

Appetite: 1 2 3 4 5 6 7 8 9 10

Water intake:

Walk:

Exercise:

Grooming:

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

Energy level (1-10): 1 2 3 4 5 6 7 8 9 10

Sleep: 1 2 3 4 5 6 7 8 9 10

Weight (kg): _____

Medication:

Vet visit:



Daily observation *(how is your pet today? note energy, behavior, anything unusual — changes in routine,...)*

Behavior notes *(challenging behavior? what helped, what didn't?)*

Date: _____

Feeding: _____

Appetite: 1 2 3 4 5 6 7 8 9 10

Water intake:

Walk:

Exercise:

Grooming:

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

Energy level (1-10): 1 2 3 4 5 6 7 8 9 10

Sleep: 1 2 3 4 5 6 7 8 9 10

Weight (kg): _____

Medication:

Vet visit:



Daily observation *(how is your pet today? note energy, behavior, anything unusual — changes in routine,...*

Behavior notes *(challenging behavior? what helped, what didn't?)*

Date: _____

Feeding: _____

Appetite: 1 2 3 4 5 6 7 8 9 10

Water intake:

Walk:

Exercise:

Grooming:

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

Energy level (1-10): 1 2 3 4 5 6 7 8 9 10

Sleep: 1 2 3 4 5 6 7 8 9 10

Weight (kg): _____

Medication:

Vet visit:



Daily observation *(how is your pet today? note energy, behavior, anything unusual — changes in routine,...)*

Behavior notes *(challenging behavior? what helped, what didn't?)*

Date: _____

Feeding: _____

Appetite: 1 2 3 4 5 6 7 8 9 10

Water intake:

Walk:

Exercise:

Grooming:

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

Energy level (1-10): 1 2 3 4 5 6 7 8 9 10

Sleep: 1 2 3 4 5 6 7 8 9 10

Weight (kg): _____

Medication:

Vet visit:



Daily observation *(how is your pet today? note energy, behavior, anything unusual — changes in routine,...)*

Behavior notes *(challenging behavior? what helped, what didn't?)*

Date: _____

Feeding: _____

Appetite:

1 2 3 4 5 6 7 8 9 10

Water intake:

Walk:

Exercise:

Grooming:

Mood (1-10):

1 2 3 4 5 6 7 8 9 10

Energy level (1-10):

1 2 3 4 5 6 7 8 9 10

Sleep:

1 2 3 4 5 6 7 8 9 10

Weight (kg): _____

Medication:

Vet visit:

Daily observation *(how is your pet today? note energy, behavior, anything unusual — changes in routine,...)*

Behavior notes *(challenging behavior? what helped, what didn't?)*

Date: _____

Feeding: _____

Appetite: 1 2 3 4 5 6 7 8 9 10

Water intake:

Walk:

Exercise:

Grooming:

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

Energy level (1-10): 1 2 3 4 5 6 7 8 9 10

Sleep: 1 2 3 4 5 6 7 8 9 10

Weight (kg): _____

Medication:

Vet visit:



Daily observation *(how is your pet today? note energy, behavior, anything unusual — changes in routine,...)*

Behavior notes *(challenging behavior? what helped, what didn't?)*

Date: _____

Feeding: _____

Appetite: 1 2 3 4 5 6 7 8 9 10

Water intake:

Walk:

Exercise:

Grooming:

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

Energy level (1-10): 1 2 3 4 5 6 7 8 9 10

Sleep: 1 2 3 4 5 6 7 8 9 10

Weight (kg): _____

Medication:

Vet visit:



Daily observation *(how is your pet today? note energy, behavior, anything unusual — changes in routine,...*

Behavior notes *(challenging behavior? what helped, what didn't?)*

Date: _____

Feeding: _____

Appetite: 1 2 3 4 5 6 7 8 9 10

Water intake:

Walk:

Exercise:

Grooming:

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

Energy level (1-10): 1 2 3 4 5 6 7 8 9 10

Sleep: 1 2 3 4 5 6 7 8 9 10

Weight (kg): _____

Medication:

Vet visit:



Daily observation *(how is your pet today? note energy, behavior, anything unusual — changes in routine,...)*

Behavior notes *(challenging behavior? what helped, what didn't?)*

Date: _____

Feeding: _____

Appetite: 1 2 3 4 5 6 7 8 9 10

Water intake:

Walk:

Exercise:

Grooming:

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

Energy level (1-10): 1 2 3 4 5 6 7 8 9 10

Sleep: 1 2 3 4 5 6 7 8 9 10

Weight (kg): _____

Medication:

Vet visit:



Daily observation *(how is your pet today? note energy, behavior, anything unusual — changes in routine,...*

Behavior notes *(challenging behavior? what helped, what didn't?)*

Date: _____

Feeding: _____

Appetite: 1 2 3 4 5 6 7 8 9 10

Water intake:

Walk:

Exercise:

Grooming:

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

Energy level (1-10): 1 2 3 4 5 6 7 8 9 10

Sleep: 1 2 3 4 5 6 7 8 9 10

Weight (kg): _____

Medication:

Vet visit:



Daily observation *(how is your pet today? note energy, behavior, anything unusual — changes in routine,...*

Behavior notes *(challenging behavior? what helped, what didn't?)*

Date: _____

Feeding: _____

Appetite: 1 2 3 4 5 6 7 8 9 10

Water intake:

Walk:

Exercise:

Grooming:

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

Energy level (1-10): 1 2 3 4 5 6 7 8 9 10

Sleep: 1 2 3 4 5 6 7 8 9 10

Weight (kg): _____

Medication:

Vet visit:



Daily observation *(how is your pet today? note energy, behavior, anything unusual — changes in routine,...)*

Behavior notes *(challenging behavior? what helped, what didn't?)*

Date: _____

Feeding: _____

Appetite: 1 2 3 4 5 6 7 8 9 10

Water intake:

Walk:

Exercise:

Grooming:

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

Energy level (1-10): 1 2 3 4 5 6 7 8 9 10

Sleep: 1 2 3 4 5 6 7 8 9 10

Weight (kg): _____

Medication:

Vet visit:



Daily observation *(how is your pet today? note energy, behavior, anything unusual — changes in routine,...)*

Behavior notes *(challenging behavior? what helped, what didn't?)*

Date: _____

Feeding: _____

Appetite: 1 2 3 4 5 6 7 8 9 10

Water intake:

Walk:

Exercise:

Grooming:

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

Energy level (1-10): 1 2 3 4 5 6 7 8 9 10

Sleep: 1 2 3 4 5 6 7 8 9 10

Weight (kg): _____

Medication:

Vet visit:



Daily observation *(how is your pet today? note energy, behavior, anything unusual — changes in routine,...*

Behavior notes *(challenging behavior? what helped, what didn't?)*

Date: _____

Feeding: _____

Appetite: 1 2 3 4 5 6 7 8 9 10

Water intake:

Walk:

Exercise:

Grooming:

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

Energy level (1-10): 1 2 3 4 5 6 7 8 9 10

Sleep: 1 2 3 4 5 6 7 8 9 10

Weight (kg): _____

Medication:

Vet visit:



Daily observation *(how is your pet today? note energy, behavior, anything unusual — changes in routine,...*

Behavior notes *(challenging behavior? what helped, what didn't?)*

Date: _____

Feeding: _____

Appetite: 1 2 3 4 5 6 7 8 9 10

Water intake:

Walk:

Exercise:

Grooming:

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

Energy level (1-10): 1 2 3 4 5 6 7 8 9 10

Sleep: 1 2 3 4 5 6 7 8 9 10

Weight (kg): _____

Medication:

Vet visit:



Daily observation *(how is your pet today? note energy, behavior, anything unusual — changes in routine,...)*

Behavior notes *(challenging behavior? what helped, what didn't?)*
