

Treat Tracker

Petgevity's Expert Tips :

Cat Name _____
 Daily Meals (No. & Size) _____
 Ideal Play Time _____
 Goal Weight _____

Rethink Treats, Don't Remove Them

Keep treats but choose smarter options. Swap cheese or sausages for blueberries, carrots, or weight-loss kibble.

Get The Facts and Do The Maths

Work out your pet's calorie needs using online calculators, then measure portions using kcal information on packaging. Many overweight pets are unintentionally overfed.



Weigh-ins Matter

Regular weigh-ins help track progress and spot issues early. Use vet or pet-shop scales for dogs and weigh cats in carriers.



Choose The Right Food

Switching to wet or specialist weight-loss diets helps pets feel fuller with fewer calories.

Stop Free-Feeding

Feed 3-4 set meals daily to control intake, reduce begging, & monitor changes.

DAY	WALKIES DURATION	TREAT TALLY	NO. OF SNEAKY HUMAN SNACKS	MEALS SERVED	MOOD TODAY
Monday					/ 5
Tuesday					/ 5
Wednesday					/ 5
Thursday					/ 5
Friday					/ 5
Saturday					/ 5
Sunday					/ 5