

Weekly Dog Wellness & Gut Health Checklist

Day	Task	Done
Monday	- Add a probiotic booster (kefir, sauerkraut juice, or supplement) to morning meal.	<input type="checkbox"/>
	- Include a raw meaty bone (e.g., chicken neck or wing) for dental & gut health.	<input type="checkbox"/>
Tuesday	- Rotate protein source (e.g., switch from beef to turkey or lamb). - Add a spoonful of fermented veggies (like pumpkin or carrot mash).	<input type="checkbox"/>
Wednesday	- Fast or give a lighter meal (bone broth + hydrated kibble/raw). - Brush teeth or provide a dental chew.	<input type="checkbox"/>
Thursday	- Include organ meat (liver, heart, kidney) in meal. - Add healthy fat (fish oil, olive oil, or grass-fed butter).	<input type="checkbox"/>
Friday	- Give a raw egg (with crushed shell for calcium). - Outdoor/enrichment activity: long sniff walk or new terrain.	<input type="checkbox"/>
Saturday	- Gut supplement (e.g., Gussie's Gut or similar fermented blend). - Check poop quality: firm, small, low odor = good gut health.	<input type="checkbox"/>
Sunday	- Food prep : portion raw meals, make bone broth, chop organs. - Weight & body condition check—adjust portions if needed.	<input type="checkbox"/>

Weekly Notes & Observations

- **Poop Log:** Note consistency, color, and volume.
- **Energy & Behavior:** Track mood, itchiness, ear health, and energy levels.
- **Treats Given:** Record any extras (training treats, chews, people food).

Quick Tips for Success

- **Hydration:** Always ensure fresh, filtered water is available.
- **Sniff Time:** Allow your dog to sniff freely on walks—it's mental and microbial enrichment.
- **Avoid:** Sudden diet changes; transition new foods over 7–10 days.
- **When in Doubt:** Consult a holistic or integrative veterinarian.