


Weekly Dog Wellness & Gut Health Checklist

Day	Task	 Done
Monday	<ul style="list-style-type: none">- Add a probiotic booster (kefir, sauerkraut juice, or supplement) to morning meal.- Include a raw meaty bone (e.g., chicken neck or wing) for dental & gut health.	<input type="checkbox"/>
Tuesday	<ul style="list-style-type: none">- 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	<ul style="list-style-type: none">- Fast or give a lighter meal (bone broth + hydrated kibble/raw).- Brush teeth or provide a dental chew.	<input type="checkbox"/>
Thursday	<ul style="list-style-type: none">- Include organ meat (liver, heart, kidney) in meal.- Add healthy fat (fish oil, olive oil, or grass-fed butter).	<input type="checkbox"/>
Friday	<ul style="list-style-type: none">- Give a raw egg (with crushed shell for calcium).- Outdoor/enrichment activity: long sniff walk or new terrain.	<input type="checkbox"/>
Saturday	<ul style="list-style-type: none">- 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	<ul style="list-style-type: none">- 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.