

# Senior Dog Health Checklist

A Complete Guide to Caring for Your Aging Dog

By [SeniorDogWellbeing.com](https://SeniorDogWellbeing.com)

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Use this printable checklist to stay on top of your senior dog's health, veterinary visits, and daily care needs.

## General Health

- Schedule veterinary checkups every 6 months
- Monitor weight and body condition
- Track appetite and eating habits
- Watch for increased thirst or urination

## Mobility & Comfort

- Provide an orthopedic dog bed
- Add ramps or stairs to reduce jumping
- Use non-slip rugs on slippery floors
- Track signs of stiffness or limping

## Nutrition & Supplements

- Feed senior-formulated dog food
- Add vet-approved joint supplements
- Include omega-3 fatty acids
- Keep feeding schedule consistent

## Dental & Grooming

- Brush teeth or use dental chews
- Schedule regular dental cleanings
- Groom coat to check for lumps or bumps
- Trim nails regularly

## Mental & Emotional Wellness

- Provide daily walks or gentle exercise
- Offer puzzle toys and training refreshers
- Maintain consistent routines
- Give plenty of affection and reassurance

*Tip: Print and place this checklist on your fridge or keep it in your dog's health binder for easy tracking.*