

Parrot Care and Enrichment Record

Track weight in grams and enrichment rotation, the two things that most affect a parrot's physical and mental health.

Diet, weight, out-of-cage time and the enrichment rotation that keeps a clever bird occupied.

WEIGH IN GRAMS; DO NOT JUDGE BY EYE

Weight is the single most useful number for a parrot and should be taken on gram scales, not judged. No diets, quantities or out-of-cage minimums are printed — species vary enormously and an avian vet is the source.

Species		Name		Hatched or acquired		Avian vet	
Date	Weight (g)	Diet given	Fresh food	Out of cage	Enrichment rotated	Feather condition	Notes

Plucking, screaming, biting or any change in behaviour