

# Small Pet Weight and Health Chart

Give any small pet a weekly weight record, which is the earliest warning available for animals that hide illness by instinct.

One weight column, taken weekly, for any small animal — the earliest warning a keeper gets.

### THE TREND IS THE SIGNAL, NOT THE NUMBER

Prey species hide illness because showing it is dangerous in the wild. By the time a rabbit, guinea pig or rat looks unwell it is often seriously so. A weekly weight is the one measurement that catches it early, and it works for any species. No target weights are printed — the trend is the signal.

### HOW TO USE THIS SHEET

- 1 Weigh on the same scales, at the same time of day, once a week.
- 2 Write it down even when nothing has changed — that is the baseline.
- 3 Note eating, drinking and droppings on the same line.
- 4 Take the sheet to the vet rather than describing the trend.

| Animal | Species |        |        | Scales used |           |           | Vet practice |
|--------|---------|--------|--------|-------------|-----------|-----------|--------------|
| Date   | Weight  | Change | Eating | Drinking    | Droppings | Behaviour | Action taken |
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