

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