

Dog Health, Wellness & Grooming Checklist



Daily Tasks

- Provide fresh water and balanced meals
- Brush coat (especially for shedding breeds)
- Walk and exercise based on breed needs
- Engage in mental stimulation (puzzles, training, playtime)
- Check paws for debris, cuts, or irritation
- Observe for signs of illness (lethargy, appetite changes, abnormal behavior)
- Clean food and water bowls



Weekly Tasks

- Brush teeth or provide dental chews
- Inspect and clean ears (if needed)
- Wipe down coat with a damp cloth or pet wipes
- Trim nails (if they are getting long)
- Rotate or sanitize toys to prevent bacteria buildup
- Perform a mini health check (skin, eyes, gums, lumps, etc.)
- Wash bedding and blankets



Monthly Tasks

- Give flea, tick, and heartworm preventatives
- Bathe if needed (based on coat type and lifestyle)
- Check weight and body condition
- Deep clean food/water bowls and feeding area
- Assess overall diet and make adjustments if necessary
- Reinforce training and socialization



Annual Tasks

- Schedule a full veterinary checkup
- Update vaccinations and preventative treatments
- Get professional grooming (if needed)
- Renew ID tags and update microchip info
- Perform a full health assessment (bloodwork, dental check, etc.)