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Weight Loss Program - Initial History

Patient: _____

Client: _____ Date: _____

This is a detailed questionnaire needed to evaluate and treat your pet in our weight loss program.

It is very important that you fill out your responses as fully and as honestly as possible.

Your ability to provide an accurate and complete history is vital to providing the best recommendations to help you and your pet succeed in your weight loss goals. Please bring this questionnaire to your first consultation visit.

GENERAL

Why are you enrolling in this weight loss program for your pet? _____

What is your ultimate goal? _____

What activities does your pet no longer do because she/he is overweight? _____

What medical problems does your pet have because she/he is overweight? _____

How much do you think your pet weighs? _____

How many pounds do you think your pet needs to lose? _____

FOOD CONSUMPTION

Does your pet prefer dry canned home cooked raw no preference

Name of the pet food(s) given? _____

How much food is given _____ cups of dry _____ canned other _____

What is used for the measurement cup? _____

Pet is fed (circle) : 1x day 2x day 3x day
free choice (always available) other: _____

Pet's general appetite: low normal high eats everything in sight!

Describe the type and number of treats given on an average day along with the reason for the treats:

Treat ex. baby carrot Number / day 4 Reason potty breaks

Treat _____ Number / day _____ Reason _____

Treat _____ Number / day _____ Reason _____

Treat _____ Number / day _____ Reason _____

Treat _____ Number / day _____ Reason _____

Treat _____ Number / day _____ Reason _____

Treat _____ Number / day _____ Reason _____

Treat _____ Number / day _____ Reason _____

Treat _____ Number / day _____ Reason _____

EXERCISE HABITS

WALKS: How often?

1x/day 2x /day ___/day ___/week _____ do not walk

How far do you walk (in miles)? _____

Free-choice exercise (describe activity, length of time & frequency)

1. _____
2. _____
3. _____
4. _____
5. _____

EATING PATTERNS*

1. My pet's snacks are usually high-calorie treats (snacks, fast food, fatty foods)
 - a. Not true
 - b. Sometimes
 - c. Most of the time
 - d. You bet!
2. If my pet is slow or refuses to eat a certain food, I'll make it more tasty (toss in canned food, add gravy, microwave it etc) or change to a tastier food.
 - a. Not true
 - b. Sometimes
 - c. Most of the time
 - d. You bet!
3. I often share my own snacks with my pet. He loves ice cream (or popcorn etc) as much as I do.
 - a. Not true
 - b. Sometimes
 - c. Most of the time
 - d. You bet!

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4. The presence of food around my pet triggers him to beg, take a bite or attempt to wolf it down.
  - a. Not true
  - b. Sometimes
  - c. Most of the time
  - d. You bet!
5. My pet finds food other food sources by begging, eating the cat's/dog's food, scavenging etc.
  - a. Not true
  - b. Sometimes
  - c. Most of the time
  - d. You bet!
6. My pet's appetite never seems satisfied – he would eat until he exploded if we let him.
  - a. Not true
  - b. Sometimes
  - c. Most of the time
  - d. You bet!

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7. Begging plays a big role in my pet's diet.
 - a. Not true
 - b. Sometimes
 - c. Most of the time
 - d. You bet!

8. My pet gains weight when he's at a boarding place, when someone house-sits or when we have company because he is so good at getting people to give him treats.
 - a. Not true
 - b. Sometimes
 - c. Most of the time
 - d. You bet!

 9. My pet knows just how to push my buttons to get an extra treat.
 - a. Not true
 - b. Sometimes
 - c. Most of the time
 - d. You bet!
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10. My pet has no structured meal routine (same time, place & amount) from one day to the next.
 - a. Not true
 - b. Sometimes
 - c. Most of the time
 - d. You bet!

 11. I have a hard time consistently controlling my pet's portion sizes.
 - a. Not true
 - b. Sometimes
 - c. Most of the time
 - d. You bet!

 12. I make sure my pet has food in his bowl at all times
 - a. Not true
 - b. Sometimes
 - c. Most of the time
 - d. You bet!

-----Do not fill in below this line-----

EATING PATTERNS

- | | | |
|----------------------|-------------------------|---------|
| a. Answer = 0 points | Spoiled Snacker (Q1-3) | _____/9 |
| b. Answer = 1 point | Garbage Gut (Q4-6) | _____/9 |
| c. Answer = 2 points | Shameless Beggar (Q7-9) | _____/9 |
| d. Answer = 3 points | Free Feeder (Q10-12) | _____/9 |

EXERCISE PATTERNS*

1. If my pet does not get enough exercise, he does things like dig holes in the yard, bark too much, chew up household items.
 - e. Not true
 - f. Sometimes
 - g. Most of the time
 - h. You bet!

2. My pet's behavior definitely gets worse if he doesn't get exercise for a day or so.
 - e. Not true
 - f. Sometimes
 - g. Most of the time
 - h. You bet!

3. My pet could walk or run or chase a tennis ball forever. I rarely see signs of limits to his energy.
 - e. Not true
 - f. Sometimes
 - g. Most of the time
 - h. You bet!

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4. My pet would rather sleep than walk, chase a tennis ball, or laser light.
  - e. Not true
  - f. Sometimes
  - g. Most of the time
  - h. You bet!
  
5. It's been at least a week since the last time I walked my pet for 20 minutes or more.
  - e. Not true
  - f. Sometimes
  - g. Most of the time
  - h. You bet!
  
6. My pet would sleep the day away if he didn't have to get up and eat or go to the bathroom.
  - e. Not true
  - f. Sometimes
  - g. Most of the time
  - h. You bet!

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7. My pet is equally happy parked on the couch or walking in the park as long as he is with me.
 - e. Not true
 - f. Sometimes
 - g. Most of the time
 - h. You bet!

- 8. My pet likes to walk and play, but he's just as happy to hang out around the house.
 - e. Not true
 - f. Sometimes
 - g. Most of the time
 - h. You bet!

- 9. When I'm on an exercise kick, so is my pet, but if I'm not in the mood to exercise, my pet is ok with that too.
 - e. Not true
 - f. Sometimes
 - g. Most of the time
 - h. You bet!

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- 10. I seldom walk my pet because of his arthritis, lack of energy or other medical problem.
  - e. Not true
  - f. Sometimes
  - g. Most of the time
  - h. You bet!
  
- 11. My pet is too old, too small or too chubby to walk for 20 minutes or more a day.
  - e. Not true
  - f. Sometimes
  - g. Most of the time
  - h. You bet!
  
- 12. I don't exercise my pet too much because I'm afraid I might push him too hard or hurt him.
  - e. Not true
  - f. Sometimes
  - g. Most of the time
  - h. You bet!

-----Do not fill in below this line-----

**EXERCISE PATTERNS**

|                      |                      |         |
|----------------------|----------------------|---------|
| a. Answer = 0 points | Energizer Pet (Q1-3) | _____/9 |
| b. Answer = 1 point  | Passive Pal (Q4-6)   | _____/9 |
| c. Answer = 2 points | Good Buddy (Q7-9)    | _____/9 |
| d. Answer = 3 points | Fragile Fifi (10-12) | _____/9 |

\*Multiple choice questions reprinted from book "Fitness Unleashed" by Marty Becker & Robert Kushner