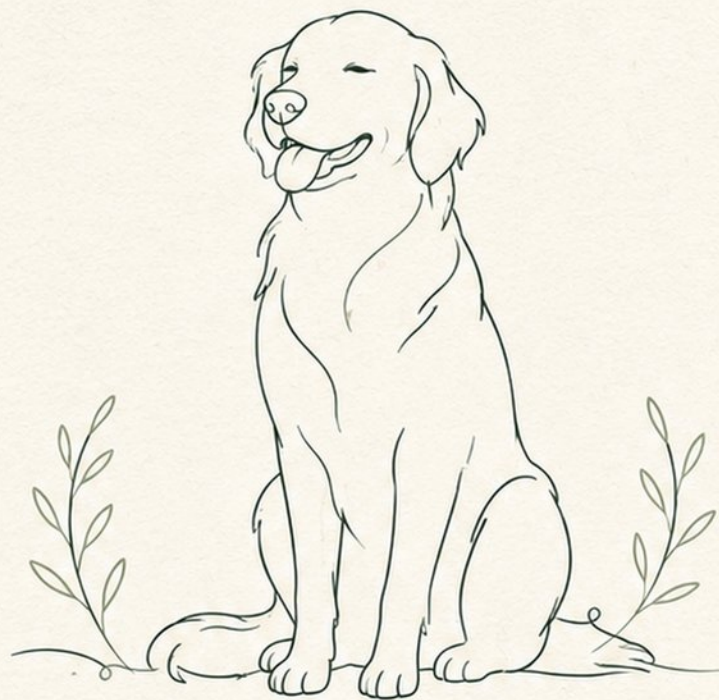




The Dog Gut Health Workbook

A simple print-and-fill companion for tracking your dog's digestion, spotting patterns, and knowing when to call your vet.



A free printable from Pets Gear Pro



probiotics.petsgearpro.com

How to use this workbook

This workbook helps you notice patterns in your dog's digestion over a few weeks — what is normal, what changes, and when something needs a vet. Print the pages you need, keep it handy, and jot quick notes daily.

1



Start with Signs of a Happy Gut and Red Flags so you know what to watch.

2



Use the Daily Check and Poop Log every day for 1 to 2 weeks.

3



Changing food or adding a supplement? Use the Food Diary and Introduction Tracker.

4



Bring your filled-in pages to your next vet visit.



This workbook is for general wellness tracking and education, not veterinary advice, diagnosis, or treatment.

When in doubt, call your veterinarian.

Anything severe, persistent, or worsening means contact your vet right away.

Gut health, in plain English



The microbiome

The community of helpful bacteria in your dog's gut; a balanced microbiome supports digestion, stool quality, immunity, and even mood.



Probiotic

Live beneficial bacteria that add to the good population.



Prebiotic

A special fiber that feeds the good bacteria (their food).



Synbiotic

A product that combines both.

Stress, diet changes, travel, and antibiotics can tip the balance — often showing up as gas, loose stool, or a dog who is just off.



Supplements support a healthy routine; they do not replace veterinary care.





Signs of a happy gut

Tick the ones that sound like your dog. More checks is good,
and note anything that changes.

☐

Formed, firm, chocolate-brown stool (easy to pick up)

☐

Regular, predictable bathroom routine

☐

Healthy appetite and steady weight

☐

Normal, not-excessive gas

☐

Good energy and a shiny coat

☐

Calm, comfortable belly (no gurgling or hunching)

☐

Fresh-enough breath (not strongly sour)

What has changed lately? _____



Red flags, call your vet

These are NOT things to track and wait on. If you see any, stop and contact your veterinarian (or an emergency clinic).



Repeated vomiting or diarrhea, or any blood in stool or vomit



Hard, swollen, or painful belly; retching without producing anything (possible bloat, an emergency)



Lethargy, weakness, collapse, or refusing food or water



Pain, distress, or an allergic reaction (facial swelling, hives, trouble breathing)



Symptoms that are severe, or keep getting worse instead of better

Severe, bloody, or worsening?

YES

Call your vet now

NO

Track on the next pages;
call if no improvement
in 1 to 2 days





Daily gut-health check



A 10-second check each day. Circle or rate, and jot anything notable. Print one per week.

Date	Appetite 😊 😐 😞	Stool OK? (Y / N)	Gas (none / some / lots)	Energy (low / ok / high)	Notes
	😊 😐 😞	Y N	none some lots	low ok high	
	😊 😐 😞	Y N	none some lots	low ok high	
	😊 😐 😞	Y N	none some lots	low ok high	
	😊 😐 😞	Y N	none some lots	low ok high	
	😊 😐 😞	Y N	none some lots	low ok high	
	😊 😐 😞	Y N	none some lots	low ok high	



The poop log

Stool is the clearest window into gut health. Use this simple scale and log it daily.



1

Hard pellets
(too firm)



2

Firm and
segmented



3

Smooth log,
holds shape
(ideal)



4

Soft, loses
shape



5

Watery
(loose)

Date	Score (1-5)	Color	Anything unusual?

Aim for 2 to 3. Persistent 5s, or blood or mucus, means call your vet.



Food & treat diary

Spotting a trigger is easier when it is written down. Log everything for a week: meals, treats, chews, scraps, supplements.

Date	Meals (food + amount)	Treats / chews	Anything new?	Reaction (if any)



Introduce new foods gradually over 5 to 7 days. If a treat always precedes loose stool, you have found something worth changing.



Starting a probiotic: gradual introduction tracker

When adding any probiotic, start low and build up to reduce the chance of a temporary upset. Give it with food, at the same time each day.



Small dog (under 25 lb): start with the smallest suggested amount

Medium (25 to 60 lb): low end of the label range

Large (60 lb+): label range, still ramped up over several days

Always follow the product label and your vet guidance.

Day	Amount given	With food? (Y/N)	Stool/gas OK?	Notes
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				



A little extra gas or softer stool in the first days is common and usually settles. Worsening or persistent means pause and ask your vet.





2-week symptom tracker

Use this when watching a specific issue (gas, loose stool, low appetite) to see if it is improving.

Day	Gas (0-3)	Stool (1-5)	Appetite (0-3)	Energy (0-3)	Comfort (0-3)	Notes
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
13.						
14.						



0 = none, 3 = a lot.

For stool, use the 1-5 scale from the poop log.



Trending the right way over 1 to 2 weeks is reassuring.
Flat or worsening means time for a vet chat.





Feeding & routine planner

A steady routine is one of the simplest things that supports a calm gut. Map your dog's day.



Breakfast (time / amount)



Dinner (time / amount)



Treats (what & when)



Water refresh



Walks / exercise



Supplement time

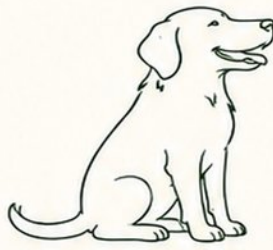


Notes



Consistency beats perfection:
same times, same food, gradual changes.

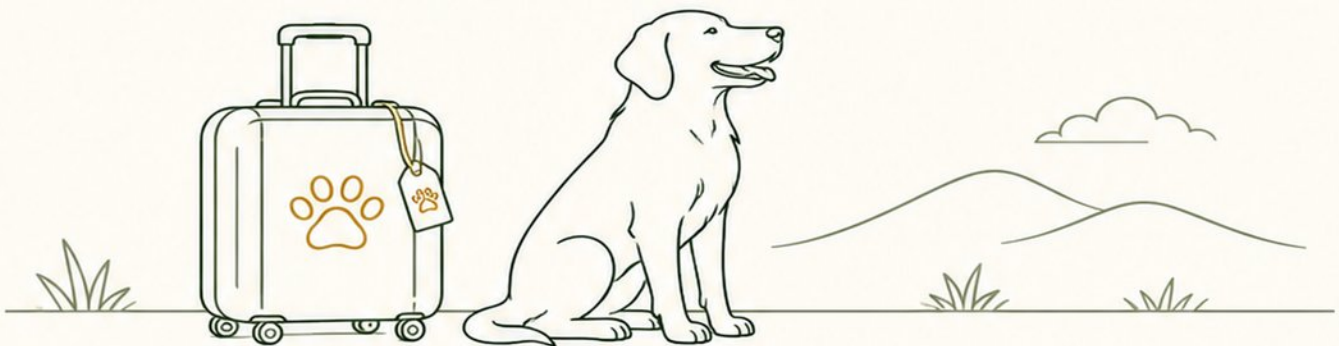




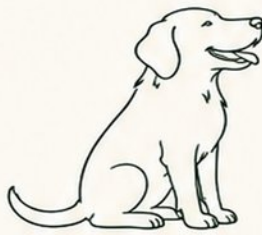
Big changes: travel, stress & antibiotics

Routine disruptions are classic gut-upsetters. A little planning helps.

- ☐ Pack your dog's usual food (avoid sudden switches on the road)
- ☐ Bring familiar bowls, bed, and a comfort item
- ☐ Keep mealtimes as consistent as you can
- ☐ Build in calm, decompression time
- ☐ On antibiotics? Ask your vet about timing a probiotic a couple of hours apart
- ☐ Watch stool and appetite for a few days after the change



Most routine-related upsets settle. Persistent or severe means vet.



Questions to ask your vet

Bring your filled-in pages and these questions to your next visit.

- 1 Is my dog's stool, weight, and appetite in a healthy range?

- 2 Could diet be contributing to the gas or loose stool I have tracked?

- 3 Is a probiotic or prebiotic appropriate for my dog? Any to avoid?

- 4 How should I introduce it, and with or away from any medications?

- 5 What symptoms should send me back to you right away?

My notes / observations:



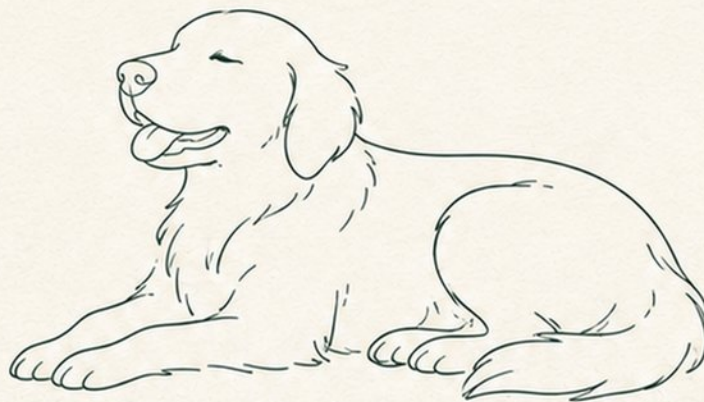


You've got this

A calm gut usually comes down to consistency:
steady diet and routine, gradual changes,
stress management, the right gut support,
and a vet on speed-dial for the red flags.

More free guides at **probiotics.petsgearpro.com**:

- ✦ a plain-English dog probiotic guide
- ✦ an ingredient library
- ✦ a gut-health checklist



This workbook is a free resource from Pets Gear Pro. We review dog gut-health products with a buyer-first, vet-deferring approach, and may earn a commission if you buy through our links, at no extra cost to you.

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