



The Printable Download: The "Pet Dashboard" Tracker Template

(Design Note for your Blog: Put this in a styled box with a button that says **"Download the PDF Tracker"** so your readers can print it out and stick it on their fridge!)



THE UNDERFOOT PET DASHBOARD TRACKER

Property of: _____ (Insert Pet's Name Here, Preferred Title: Supreme Ruler)

Species: ☐ Regal Feline ☐ Energetic Canine ☐ Other Creature Allowed in the House

Human! Do not wait until we are feeling under the weather to fill this out. Creep up on us while we are happy, healthy, and asleep to establish our **Healthy Baselines**.

Vital Sign	How to Check It (The Human Instructions)	Our Healthy Baseline	Emergency Red Flags 
Resting Breath Rate	Count how many times our chest rises and falls in 1 full minute while we are completely asleep .	_____ breaths / min	Over 40 breaths/min while sleeping, or heavy panting with an open mouth (especially for cats!).
The Heart Thumper	Place your hand on our chest just behind our left elbow, or high up on the inside of our hind leg. Count beats for 15 seconds, then multiply by 4.	_____ beats / min	Cats: Under 140 or over 220 bpm. Dogs: Under 60 (large dogs) or over 140 bpm.

The Gum Glow-Up	Lift our lip. Press your thumb against our gums until they turn white. Let go. Count how many seconds it takes to turn pink again.	_____ seconds	Gums that take more than 2 seconds to turn pink, or look pale, blue, white, or muddy brown.
Body Cooking Temp	Yes, you have to use a thermometer. No, a dry nose doesn't count. Use a pet-safe digital thermometer (lubricated!) rectally or in the ear.	_____ °F / °C	Anything below 99°F (37.2°C) or above 103.5°F (39.7°C) . Time to go to the vet.

Important Note from Jerry: If you poke us while we are having a good dream about chasing mice just to fill this out, we expect a minimum payment of three (3) crunchy treats. No exceptions.