

Pet routine care checklist for cats and dogs

Owning a pet can be one of the most rewarding experiences of your life—but with this reward comes responsibility. Ensuring your pets are in tip top shape with a good pet care routine will mean a healthy and fulfilling life for you both.



RSPCA 
Pet Insurance

Dogs

Ticks and fleas

Product _____

Frequency _____

- | | |
|-----------------------------------|------------------------------------|
| <input type="checkbox"/> January | <input type="checkbox"/> July |
| <input type="checkbox"/> February | <input type="checkbox"/> August |
| <input type="checkbox"/> March | <input type="checkbox"/> September |
| <input type="checkbox"/> April | <input type="checkbox"/> October |
| <input type="checkbox"/> May | <input type="checkbox"/> November |
| <input type="checkbox"/> June | <input type="checkbox"/> December |

Worming (intestinal and heartworm)

Product _____

Frequency _____

- | | |
|-----------------------------------|------------------------------------|
| <input type="checkbox"/> January | <input type="checkbox"/> July |
| <input type="checkbox"/> February | <input type="checkbox"/> August |
| <input type="checkbox"/> March | <input type="checkbox"/> September |
| <input type="checkbox"/> April | <input type="checkbox"/> October |
| <input type="checkbox"/> May | <input type="checkbox"/> November |
| <input type="checkbox"/> June | <input type="checkbox"/> December |



Dogs

Vaccinations

Type	Frequency	Date completed
C3 Canine (distemper, adenovirus, parvovirus)	Yearly	__/__/____
Heartworm	Yearly	__/__/____
Parainfluenza virus	Speak to vet	__/__/____
Bordetella bronchiseptica (kennel cough)	Speak to vet	__/__/____
Leptospira interrogans	Speak to vet	__/__/____

Grooming – Baths

Monthly/bi-monthly

- | | |
|-----------------------------------|------------------------------------|
| <input type="checkbox"/> January | <input type="checkbox"/> July |
| <input type="checkbox"/> February | <input type="checkbox"/> August |
| <input type="checkbox"/> March | <input type="checkbox"/> September |
| <input type="checkbox"/> April | <input type="checkbox"/> October |
| <input type="checkbox"/> May | <input type="checkbox"/> November |
| <input type="checkbox"/> June | <input type="checkbox"/> December |

Dogs

Grooming – Nail Trimming

Dogs nails should be trimmed as required. This also tends to vary between individual dogs.

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|-----------------------------------|------------------------------------|
| <input type="checkbox"/> January | <input type="checkbox"/> July |
| <input type="checkbox"/> February | <input type="checkbox"/> August |
| <input type="checkbox"/> March | <input type="checkbox"/> September |
| <input type="checkbox"/> April | <input type="checkbox"/> October |
| <input type="checkbox"/> May | <input type="checkbox"/> November |
| <input type="checkbox"/> June | <input type="checkbox"/> December |

Grooming – Coat Trimming

Dogs coats should be trimmed as required. This also tends to vary between individual dogs.

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|-----------------------------------|------------------------------------|
| <input type="checkbox"/> January | <input type="checkbox"/> July |
| <input type="checkbox"/> February | <input type="checkbox"/> August |
| <input type="checkbox"/> March | <input type="checkbox"/> September |
| <input type="checkbox"/> April | <input type="checkbox"/> October |
| <input type="checkbox"/> May | <input type="checkbox"/> November |
| <input type="checkbox"/> June | <input type="checkbox"/> December |



Dogs



Grooming and Physical Checking

Check your dog's coat daily for lumps/bumps, skin lesions, ticks and fleas.

Type	Lumps/bumps	Skin lesions	Ticks/fleas
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Cleaning

Type	Frequency	Date completed
Mats and bedding	Monthly	__/__/__
Housing	Monthly	__/__/__
Toys	Monthly	__/__/__

Dogs



Daily Dental Hygiene

Type	Teeth cleaning with toothbrush/toothpaste, bones and chews
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Yearly Dental Hygiene

Veterinary dental treatment

- | | | | |
|-----------------------------------|--------------------------------|------------------------------------|-----------------------------------|
| <input type="checkbox"/> January | <input type="checkbox"/> April | <input type="checkbox"/> July | <input type="checkbox"/> October |
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Dogs

Exercising

Different breeds of dogs have very different needs for exercise and stimulation. Check the [RSPCA's guidelines](#) for what your dog requires.

Type	Walk	Play	Training
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Feeding

Consult the [RSPCA's guide](#) to things you should and should not feed your dog before creating your meal plan.

Type	Breakfast	Dinner	Treats
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Cats

Ticks and fleas

Product _____

Frequency _____

- | | | |
|-----------------------------------|---------------------------------|------------------------------------|
| <input type="checkbox"/> January | <input type="checkbox"/> May | <input type="checkbox"/> September |
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Worming (intestinal and heartworm)

Product _____

Frequency _____

- | | | |
|-----------------------------------|---------------------------------|------------------------------------|
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Cats

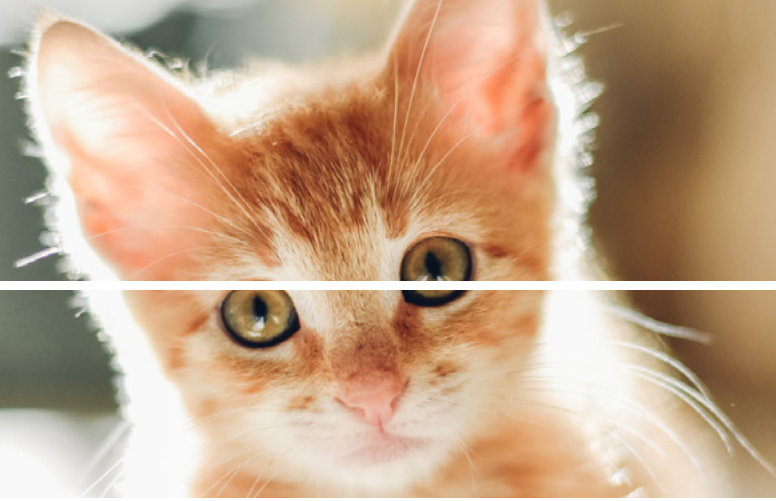
Vaccinations

Type	Frequency	Date completed
F3 (Feline herpes virus, Feline calicivirus, Feline panleukopaenia)	Yearly	__/__/____
Feline calicivirus	Yearly	__/__/____
Feline herpesvirus	Yearly	__/__/____
Feline immunodeficiency virus	Speak to vet	__/__/____
Feline leukaemia virus	Speak to vet	__/__/____
Chlamydia felis	Speak to vet	__/__/____
Bordetella bronchiseptica	Speak to vet	__/__/____

Grooming

Type	Frequency	Date completed
Brushing	Weekly	__/__/____
Nail check	Monthly	__/__/____
Longhair clipping	Quarterly	__/__/____

Cats



Grooming and Physical Checking

Check your cat's coat daily for lumps/bumps, skin lesions, ticks and fleas.

Type	Lumps/bumps	Skin lesions	Ticks/fleas
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Daily Dental Hygiene

Type	Teeth cleaning with toothbrush/toothpaste and chews
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Cats

Yearly Dental Hygiene

Veterinary dental treatment

- | | | | |
|-----------------------------------|--------------------------------|------------------------------------|-----------------------------------|
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Feeding

Consult the [RSPCA's guide](#) to things you should and should not feed your cat before creating your meal plan.

Type	Breakfast	Dinner	Treats
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Cats

Play/exercise

Type	Play	Scratching post
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Cleaning

Type	Frequency	Date completed
Mats and bedding	Monthly	__/__/____
Housing	Monthly	__/__/____
Toys	Monthly	__/__/____

For peace of mind, speak to an expert about the RSPCA's pet insurance plans for your furry friend. **Call 1300 881 492.**