



My Healthy Pet Action Checklist

Positive changes in your daily routine can make a difference to your pet's health. Fill in your ideas below and make a pledge to stick to them!

Become ACTIVE

- ✓ Walked my dog for 30 minutes at the beach or offroad
- ✓ Played a new game with my cat
- ✓ Went hiking with my dog
- ✓ Played with my cat for 20 minutes
- ✓ _____
- ✓ _____
- ✓ _____

Become PROACTIVE

- ✓ Scheduled an annual dental check-up with my veterinarian
- ✓ Purchased tick and flea control medication for my pet
- ✓ Ensured my pet's vaccinations are up to date
- ✓ Purchased dental chews for my pet
- ✓ _____
- ✓ _____

Become LOVING

- ✓ Sat together quietly three times a week
- ✓ Groomed my pet
- ✓ Gave my pet a massage twice a week
- ✓ Talked to my pet every day
- ✓ Taught my dog a new trick
- ✓ _____
- ✓ _____
- ✓ _____

Become PREPARED

- ✓ Signed up for Rogz Pet Insurance
- ✓ Arranged a living pet will
- ✓ Preprogrammed my phone with emergency vet info
- ✓ Did a course in pet first aid
- ✓ Got my pet microchipped
- ✓ _____
- ✓ _____
- ✓ _____