

# Doggy Four Paws Up Assessment

ROCKSTAR  
DOGGY MOMMA



## IDENTITY

Let's have some fun and assess your doggy's life. You need to know where your doggy is at so you can make adjustments along the way to take his or her life to the next level!

Take the following [Doggy Personality Quiz](#) online to determine your doggy's personality type. What type of personality is your doggy (Independent, Constant Companion, Adventurous, The Star of The Family)? Do you agree? Why or why not?

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How do you think your doggy sees herself and himself? For instance, is "she or he" a Chihuahua who thinks "she or he" is Dwayne "The Rock" Johnson? Or is she or he a shy Great Dane who curls in your lap like a puppy?

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What personality trait do you love most about your doggy? What drives you *crazy*?

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Do you see your personality in your doggy? Explain.

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## HEALTH

(CONCERNS, YEARLY PHYSICAL, STRESS, EXERCISE)

Does your doggy have any health conditions or concerns? If so, how is it being treated and is it working?

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Does your doggy get an annual physical examination? Vaccinations? If not, what's going on?

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Does your dog have a lot of stress in her or his life? For instance, have you recently moved or changed your routine? Are there any new family members (baby, dog, significant other)? If so, how is your doggy handling it?

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What can you do to minimize your doggy's stress? For example, you could develop a new routine for her or him to work on creating a new role for her or him in the family?

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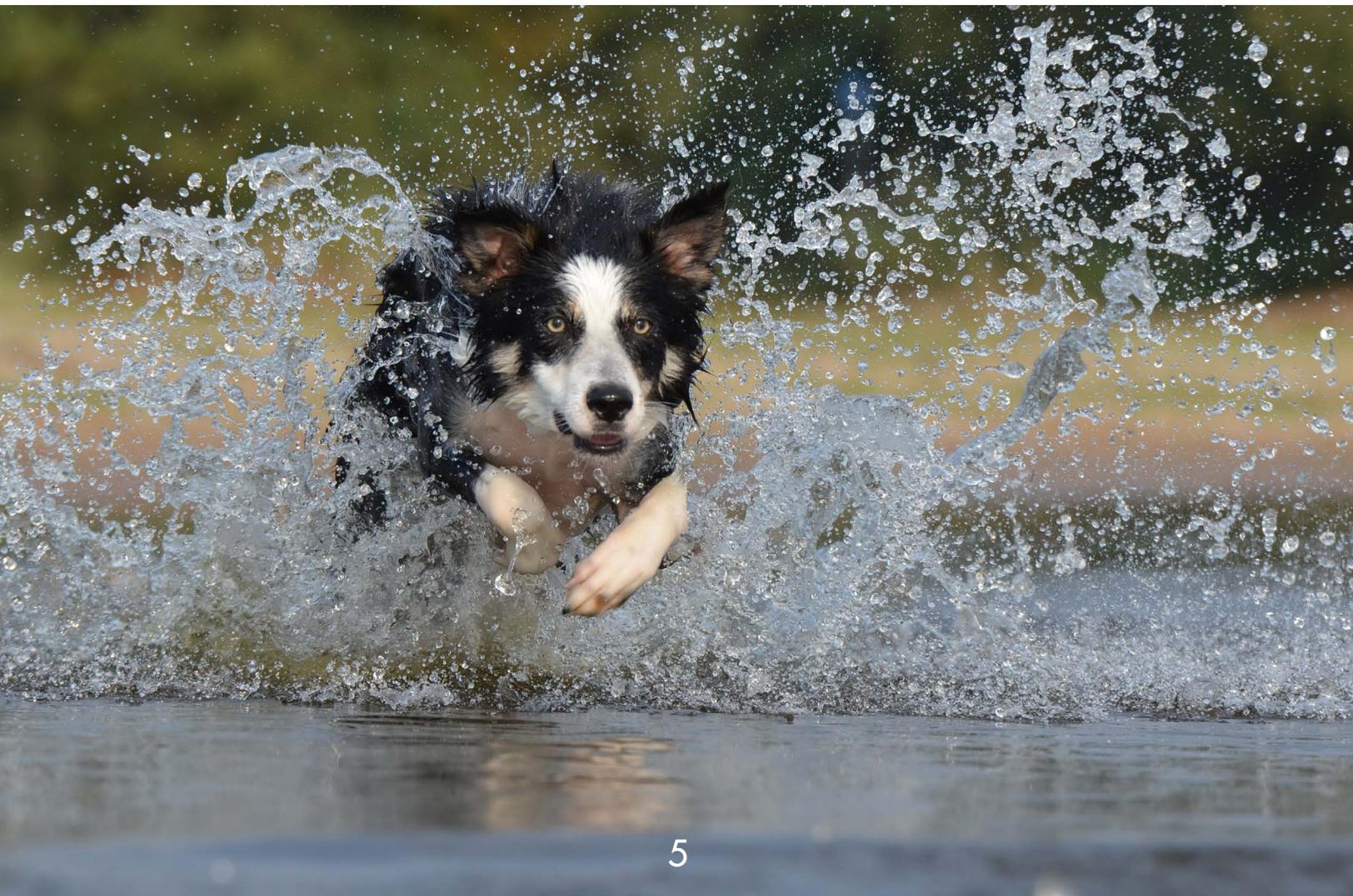
## Exercise

A tired doggy is a good doggy. All pups need a physical outlet to expend extra energy and maintain health and fitness. Regular exercise can also improve your doggy's mental health and reduce some behaviors done out of anxiety or boredom.

Here is a general guideline based on breed, but be sure to tailor your doggy's program to his or her individual needs.

### Herding (Border Collie, German Shepherd, Old English Sheepdog) and Sporting Dogs (Golden Retriever, Labrador Retriever, Irish Setter)

Both groups have very high exercise needs and should get at least 60-90 minutes of higher intensity exercise daily, twice daily is even better. These are working dogs so be sure to work their brains or they will get bored and go after your shoes instead!



## Terriers

All terriers need a minimum of 60-minutes of exercise daily.

## Hounds

Sight hounds (Greyhound) may have lower exercise needs because they are sprinters who release energy in quick bursts. Allow them a couple of harder sprint workouts per week. In turn, scent hounds (Beagle) have higher exercise needs, similar to the herding and sporting dogs.

## Toy Breeds (Poodles, Chihuahuas, Maltese) and Brachycephalic Dogs (Pugs, Bulldogs)

Even though these cuties are smaller than the rest, they still need exercise! They have a propensity toward obesity and often do not get the level of daily activity that they require (30 minutes per day). Also, be careful that your pug or bulldog does not over heat or get oxygen deprived in humid weather. They have a shortened muzzle which impedes airflow.





Is your doggy getting his or her daily exercise requirements? If not, what's going on?

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What can you do as team leader to improve your doggy's exercise regimen? For instance, get up an hour early to expand your walk, play fetch at a dog beach/park, hire a dog walker, or send your doggy to daycare once a week.

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## NUTRITION

What is your doggy's daily eating schedule? Does he or she eat hard or soft food? Do you cook for him or her? How often does he or she get treats?

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Do you think your doggy's eating habits are working? For instance, how is her or his weight? Does she or he have healthy bowel movements? What's going on?

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If you have concerns, what can you do to change your doggy's eating habits? For instance, you could substitute biscuits for carrots sticks and bell peppers. You could also look into changing the brand of dog food or refrain from giving your doggy table scraps.

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## LIVIN' LA VIDA LOCA

(RELATIONSHIPS WITH YOU, PEOPLE, OTHER DOGS)

How would you describe your relationship with your doggy? Is he or she your best buddy? How much time do you spend together on a weekly basis?

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How does your doggy interact with other doggies? Is she or he best friends with everyone, timid, or aggressive? Why do you think this is? For instance, my golden was attacked by another dog and is more reserved around big pups now.

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How does your doggy interact with people? Is she or he best friends with everyone, timid, or aggressive? Why do you think this is? For instance, does your doggy jump on all house guests at the door because she or he is used to greeting you that way.

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What can you do to improve your doggy's relationships? For instance, maybe you spend time at a dog park or with other RDMs socializing, hire a dog trainer, or carve out special time each week to spend together.

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