Dog Symptom Checklist

Record the change — page 1 of the vet visit checklist from dognition.com

Who and when

DOG'S NAME:

AGE:

BREED OR MIX:

DATE FIRST NOTICED:

WHAT YOUR DOG WAS DOING WHEN YOU NOTICED:

Where the change shows up (tick every one that applies)

- [ ] Eating or drinking (appetite, thirst, weight)
- [ ] Energy — things they stopped doing
- [ ] Movement, posture, stairs, gait
- [ ] Digestion or toilet habits
- [ ] Breathing, coughing, snuffling, sleep
- [ ] Skin, coat, lumps, scratches, smell
- [ ] Senses, memory, orientation
- [ ] Behavior that simply isn't them

Describe it in specifics, not labels

HOW OFTEN DOES IT HAPPEN?

HOW LONG DOES EACH EPISODE LAST?

HOW SEVERE DOES IT LOOK?

WHAT MAKES IT BETTER OR WORSE?

WHAT CHANGED AROUND THE START DATE? (NEW FOOD, ROUTE, TRIP, NEW PET, PRODUCT OR MEDICATION)

Evidence captured

- [ ] Photo with date
- [ ] 15-second video
- [ ] Time of day noted

NOTES:

This sheet records observations only — it is not a symptom checker and does not diagnose. Only an examination can say what's wrong; your veterinarian's guidance takes precedence.

Always confirm vaccines and schedules with your veterinarian. © 2026 Dognition, LLC · dognition.com

Prepare for the Call & the Visit

What to say, what to ask, what to bring — page 2 of the vet visit checklist from dognition.com

Say this on the phone (let the clinic judge how soon your dog needs to be seen)

- [ ] When it started, and what was happening
- [ ] How often, and how long each episode lasts
- [ ] What makes it better or worse
- [ ] Whether your dog is eating and drinking normally
- [ ] Anything that changed around the start date
- [ ] Age, breed or mix, and known conditions

Questions to ask (write them down — they're easy to forget in the room)

- [ ] What will the exam involve, and what will it tell us — and not tell us?
- [ ] What should I watch for between visits, and when should I call back?

MY OWN QUESTION:

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Bring to the appointment

- [ ] This checklist and your notes
- [ ] Photos / video, with dates
- [ ] Current medication and supplement list
- [ ] Your written questions

After the visit — keep the record going

WHAT THE VISIT FOUND:

MEDICATIONS STARTED, AND HOW TO GIVE THEM:

WHAT TO WATCH FOR, AND WHEN TO COME BACK:

NEXT CHECK-IN DATE:

One place for the whole history

Keep every record, visit and medication in the Dognition app (CanineQ) health section — the whole history on your phone in the waiting room. Prefer paper? Pair this sheet with the free vaccination record template at dognition.com/dog-vaccination-record-template.

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Curious how your dog thinks? Try the Dognition Assessment at dognition.com/how-it-works

Scan for more free dog forms

Vaccination records, puppy shot schedules, sitter sheets and more — dognition.com/free-printable-dog-forms

Scan me

Dognition · dog cognition science from Dr. Brian Hare & Vanessa Woods, authors of The Genius of Dogs and Puppy Kindergarten. Always confirm vaccines and schedules with your veterinarian. © 2026 Dognition, LLC · dognition.com