



Your pet is only 10 weeks away from weight loss success!

Let this calendar inspire and encourage you on your journey.

Pick a day of the week and track your pet's weight in the Weekly Weight Tracker column. Use the daily squares to take notes on your pet's energy level and how thin they look.

For more weight loss tips and tools, visit

ScienceDiet.ca/10WeekTurnaround



WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	The state of the s
FOOD TRANSITION WEEK	Start slow. Mix 1 part Perfect Weight to 3 parts of your pet's original food.		Increase slightly. Mix 2 parts Perfect Weight to 2 parts original food.		mix 3 pai	et is adjusting well, ets Perfect Weight rt original food.	No more mixing. Just give your pet Perfect Weight!	Weekly Weight Tracker:
1	Take a "before" picture of your pet.		Your pet should enj feel full afterward. The success h	oy feeding time and journey to weight loss as begun!				
2						Perfect Weight is helpin	e any difference visually, ng your pet burn calories. payoff is worth it!	
3								
4			Is your pet starting to look thinner? Is their waist easier to see? Take a picture and compare it to when you started.					
5								
6		You're over the hump! Only four weeks to go. See if you can play longer and exercise m				to go. See if your pet		
7								
8	Your pet should noticeably have more energy and look thinner. Now's the time to start planning new things to do with your pet you couldn't do before.							
9								
10	You did it! Note the difference in how your pet looks and feels. Why not plan a fun celebration and take one last picture of their progress. And make sure to share your pet's success on ScienceDiet.ca/10WeekTurnaround							