

# Appendix 2

## Help Sheets

### Helping your dog to lose weight

We would like you to make a plan to help your dog to lose weight in the next three months. Like people, dogs generally become overweight because they get more energy from their food than they expend (e.g., through exercise). Therefore, you can help your dog to lose weight by making sure either that they get enough exercise or that they get the right amount of food, or both.

We have prepared two help sheets – Sheet A is designed to help you to provide enough exercise for your dog and Sheet B is designed to help you to provide the right amount of food for your dog. We would like you to decide which of these things you find most difficult or would like some help with and then look at either Sheet A or Sheet B. Alternatively, you might decide that you want some help with both exercise and feeding, in which case you can look at both sheets. Below, please indicate which sheet(s) you will look at:

I would like some help making sure my dog gets enough exercise, so I'll look at Sheet A

I would like some help making sure my dog gets the right amount of food, so I'll look at Sheet B

I would like some help making sure my dog gets enough exercise and the right amount of food, so I'll look at Sheets A and B

## SHEET A: Helping your dog to lose weight: Exercise

We appreciate that making sure that your dog gets enough exercise can be difficult. For example, it can be difficult to know how much exercise your dog needs and to find the time to take them for a walk. Therefore, we would like you to make a plan specifying how you will deal with these situations.

The left side of the table below provides a list of common situations that can lead to dogs not getting enough exercise. The right side of the table provides a list of possible solutions or strategies that you might employ in these situations.

It may be helpful to pick some of the situations that most affect you and your dog first, then pick solutions you feel will be useful to mitigating the risk of your dog putting on weight from the right column.

<b>Situations</b>	<b>Solutions</b>
(please tick up to three)	(please choose one for each situation that you have identified)
<input type="checkbox"/> If I am tempted not to walk my dog because it is dark outside ...	<input type="checkbox"/> ...then I will wear a head torch to light the road!
<input type="checkbox"/> If I am tempted not to walk my dog when the weather is bad...	<input type="checkbox"/> ...then I will play games with my dog indoors!
<input type="checkbox"/> If I don't know how much exercise my dog should get...	<input type="checkbox"/> ...then I will ask my vet how much exercise my dog needs!
<input type="checkbox"/> If I am tempted not to walk my dog because there aren't any good places in my area...	<input type="checkbox"/> ...then I will look on the Internet to find out how much exercise my dog needs!
<input type="checkbox"/> If I am tempted not to walk my dog because my dog does not seem to want to go for a walk...	<input type="checkbox"/> ...then I will remind myself that walking and playing with my dog strengthens our bond!
<input type="checkbox"/> If I am tempted not to walk my dog because I think that my dog gets enough exercise by playing in the garden...	<input type="checkbox"/> ... ..then I will remind myself that walking and playing with my dog is a way expressing my love and affection for them!
<input type="checkbox"/> If I am tempted not to walk my dog because I am worried that my dog is not good around other people or dogs...	<input type="checkbox"/> ...then I will remind myself that it is my responsibility as an owner to provide enough exercise for my dog!
<input type="checkbox"/> If am tempted not to walk my dog because I am worried other people might react negatively to my dog...	<input type="checkbox"/> ...then I will try to walk my dog for an extra 10 minutes a day!
<input type="checkbox"/> If I am tempted not to walk my dog because I am worried that my dog will run off and not come back when I call it...	<input type="checkbox"/> ...then I will ensure that my dog is always on their lead!
<input type="checkbox"/> If I am not physically able to walk my dog...	<input type="checkbox"/> ...then I will hire a professional dog walker to walk my dog!

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| <input type="checkbox"/> If I am tempted not to walk my dog because it is difficult to find somewhere where I can walk my dog or let it off the lead...      | <input type="checkbox"/> ...then I will take my dog for a walk when there are few other people and dogs around!                          |
| <input type="checkbox"/> If I am tempted not to exercise my dog because I am afraid that my dog will damage its joints or health if it does more exercise... | <input type="checkbox"/> ...then I will take my dog to agility or obedience training or look for dog's swimming classes!                 |
| <input type="checkbox"/> If I am tempted not to play with my dog indoors because I am afraid that my dog will damage my furniture...                         | <input type="checkbox"/> ...then I will ask someone else in my family to walk and play with my dog!                                      |
| <input type="checkbox"/> If I am tempted not to play with my dog because I am afraid that my dog will make a mess if I play with them in the garden...       | <input type="checkbox"/> ...then I will organise weekend trips where my dog can go for long walks and run around freely!                 |
| <input type="checkbox"/> If I am tempted to put off walking my dog until tomorrow...   | <input type="checkbox"/> ...then I will increase the amount of exercise that my dog gets in small steps!                                 |
| <input type="checkbox"/> If I am tempted not to walk my dog because I feel too tired to take my dog for a walk...  | <input type="checkbox"/> ...then I will think about the financial consequences of my dog becoming overweight!                            |
| <input type="checkbox"/> If I am tempted not to walk my dog because I get back late and do not feel like taking my dog for a walk...                         | <input type="checkbox"/> ...then I will remember that exercise makes my dog happy!   |
| <input type="checkbox"/> If I am tempted not to walk my dog because I am too busy to take my dog for a walk...   | <input type="checkbox"/> ...then I will remind myself that walking my dog is a good way for me to exercise too!                          |
|  | <input type="checkbox"/> ...then I will remind myself that walking the dog is a good possibility for socialising and meeting new people! |
|  | <input type="checkbox"/> ...then I will take my dog for a short walk!  |
|  | <input type="checkbox"/> ...then I will take my dog for a walk as soon as I get back from work!  |
|  | <input type="checkbox"/> ...then I will remind myself that by not exercising my dog I am putting its health at risk!                     |
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Please **write out each of your plans** below using the format *If [situation], then I will [response]* and commit yourself to carrying them out. Don't forget that you can make up to three plans. Use the space in the Weight Management Clinic booklet.

## SHEET B: Helping your dog to lose weight: Feeding

We appreciate that making sure that you feed your dog the right amount of food can be difficult. For example, it can be difficult to know how much food to give your dog and to resist the temptation to give them lots of treats or leftover food from your plate. Therefore, we would like you to make a plan specifying how you will deal with these situations.

The left side of the table below provides a list of common situations that can lead people to feed their dog too much or the wrong types of food. The right side of the table provides a list of possible solutions or strategies that you might employ in these situations.

It may be helpful to pick some of the situations that most affect you and your dog first, then pick solutions you feel will be useful to mitigating the risk of your dog putting on weight from the right hand column.

<b>Situations</b>	<b>Solutions</b>
(please tick up to three)	(please choose one for each situation that you have identified)
<input type="checkbox"/> If I am tempted to share what I am eating with my dog...	<input type="checkbox"/> ...then I will not let my dog sit next to the table when I am having a meal!
<input type="checkbox"/> If I am tempted to give my dog some of our food because I want them to feel part of the family...	<input type="checkbox"/> then I will give my dog their meal before I eat mine so that I am sure that they are not hungry!
<input type="checkbox"/> If I am tempted to put leftovers in my dog's bowl...	<input type="checkbox"/> ... then I will choose a high-quality dog food to be sure that my dog has everything they needs!
<input type="checkbox"/> If I don't know how much food to give to my dog...	<input type="checkbox"/> ...then I will ask my vet or the food's manufacturer how much I should be feeding my dog!
	<input type="checkbox"/> ...then I will weigh or use a cup to measure my dog's food according to its needs and activity levels!
	<input type="checkbox"/> ...then I will include treats in my dog's daily calorie allowance!
<input type="checkbox"/> If I am tempted to give my dog treats or leftovers because I worry that my dog finds dog food boring...	<input type="checkbox"/> ... then I will add vegetables such as carrot or cabbage rather than treats or leftovers to make my dog's meal more appealing!
	<input type="checkbox"/> ...then I will remind myself that high quality dog food is designed to be appealing for dogs!
	<input type="checkbox"/> ...then I will remind myself that dogs are happy to eat anything that is food!
<input type="checkbox"/> If I am tempted not to measure how much food goes into my dog's bowl...	<input type="checkbox"/> ...then I will think how much it will cost me if they get ill because they are overweight!

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| <ul style="list-style-type: none"> <li><input type="checkbox"/> If I am tempted to give my dog treats or leftovers when my dog begs for food...</li> </ul>    | <ul style="list-style-type: none"> <li><input type="checkbox"/> ...then I will take my dog for a walk or play with them!</li> </ul>   |
| <ul style="list-style-type: none"> <li><input type="checkbox"/> If my dog steals food (e.g., from another pet, or the kitchen side)...</li> </ul>             | <ul style="list-style-type: none"> <li><input type="checkbox"/> ...then I will remind myself that what my dog wants may not be what they need or is good for them in the long term!</li> <li><input type="checkbox"/> ... then I will remind myself that my dog might be asking for attention!</li> </ul>               |
| <ul style="list-style-type: none"> <li><input type="checkbox"/> If I am tempted not to buy good quality food for my dog because it is expensive...</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> ...then I will not leave food lying around the house!</li> </ul>  |
| <ul style="list-style-type: none"> <li><input type="checkbox"/> If my dog always seems to be hungry...</li> </ul>   | <ul style="list-style-type: none"> <li><input type="checkbox"/> ...then I will remind myself that it is normal for a dog to look for food and that it does not mean that they are hungry!</li> </ul>  |
| <ul style="list-style-type: none"> <li><input type="checkbox"/> If I am tempted to give treats to my dog to distract them</li> </ul>                          | <ul style="list-style-type: none"> <li><input type="checkbox"/> ...then I will remind myself that it is my responsibility as a dog owner to feed my dog an appropriate diet!</li> </ul>   |
| <ul style="list-style-type: none"> <li><input type="checkbox"/> If I am tempted to leave extra food or treats to keep my dog occupied...</li> </ul>           | <ul style="list-style-type: none"> <li><input type="checkbox"/> ...then I will remind myself that I am damaging the health of my dog by not feeding them properly!</li> </ul>   |
| <ul style="list-style-type: none"> <li><input type="checkbox"/> If I am tempted to use treats to train my dog...</li> </ul>                                   | <ul style="list-style-type: none"> <li><input type="checkbox"/> ...then I will use clicker to reward my dog!</li> </ul>   |
| <ul style="list-style-type: none"> <li><input type="checkbox"/> If more than one person is responsible for feeding my dog...</li> </ul>                       | <ul style="list-style-type: none"> <li><input type="checkbox"/> ...then I will use a board to mark when my dog has received their meal!</li> <li><input type="checkbox"/> ...then I will designate one person to be responsible for feeding my dog!</li> </ul>  |
| <ul style="list-style-type: none"> <li><input type="checkbox"/> If children or guests give a lot of treats to my dog...</li> </ul>                            | <ul style="list-style-type: none"> <li><input type="checkbox"/> ... then I will tell them that if they give my dog treats then they are "treating them to lots of problems"!</li> <li><input type="checkbox"/> ...then I will tell people to play with my dog or give them hugs and kisses rather than food!</li> </ul> |
| <ul style="list-style-type: none"> <li><input type="checkbox"/> If I feel cruel or guilty restricting how much my dog eats...</li> </ul>                      | <ul style="list-style-type: none"> <li><input type="checkbox"/> ...then I will remind myself that my dog is happier when it is not overweight!</li> </ul>   |
| <ul style="list-style-type: none"> <li><input type="checkbox"/> If I am tempted to give my dog a treat so that they love me more...</li> </ul>                | <ul style="list-style-type: none"> <li><input type="checkbox"/> ...then I will cut the treats into smaller portions!</li> </ul>   |
| <ul style="list-style-type: none"> <li><input type="checkbox"/> If I am tempted to buy treats for my dog when I go to the supermarket...</li> </ul>           | <ul style="list-style-type: none"> <li><input type="checkbox"/> ...then I will buy my dog toys rather than treats!</li> </ul>   |
| <ul style="list-style-type: none"> <li><input type="checkbox"/> If I am tempted to show love and affection to my dog by giving them a treat...</li> </ul>     | <ul style="list-style-type: none"> <li><input type="checkbox"/> ...then I will show my dog love and affection through play and hugs rather than food!</li> </ul>  |
| <ul style="list-style-type: none"> <li><input type="checkbox"/> If I am tempted to give my dog a treat to make them happy...</li> </ul>                       | <ul style="list-style-type: none"> <li><input type="checkbox"/> ...then I will remind myself that treats have lots of calories and are like a person eating a big mac!</li> </ul>   |

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Please **write out each of your plans** below using the format *If [situation], then I will [response]* and commit yourself to carrying them out. Don't forget that you can make up to three plans. Use the space in the Weight Management Clinic booklet.