

Family Animal Care Instructions Worksheet

Use this worksheet to document the daily care your Family Animal needs so anyone stepping in can provide safe, consistent care. Write clearly, spell out routines, and include locations of supplies whenever possible.

Family Animal Profile

Family Animal name

Species and breed

Age

Weight

Color and distinguishing features

Microchip number

Feeding Instructions

Food brand

Flavor or formula

Amount per meal

Feeding times

Storage location

Treat guidelines

Foods to avoid

Water requirements

Additional feeding notes

Medication Instructions

Repeat this block for each medication.

Medication 1**Medication name****Purpose****Dosage****Schedule****Administration instructions****Refills****Prescribing veterinarian****If a dose is missed****Medication 2****Medication name****Purpose****Dosage****Schedule****Administration instructions****Refills****Prescribing veterinarian****If a dose is missed****Medication 3****Medication name****Purpose****Dosage****Schedule****Administration instructions****Refills****Prescribing veterinarian****If a dose is missed**

Daily Routine

Wake up routine

Exercise schedule

Bathroom routine

Playtime preferences

Sleeping location

Evening routine

Behavioral Notes

Fears

Triggers

Favorite activities

Comfort signals

Warning signs of stress

Interactions with strangers, children, or other animals

24 Hours in the Life of My Family Animal

The more closely a caregiver can follow your Family Animal's normal routine, the more comfortable and secure your Family Animal is likely to feel. Use this timeline to document a typical day from morning to bedtime.

Time	Typical Activity	Important Notes
12:00 AM		
1:00 AM		
2:00 AM		
3:00 AM		
4:00 AM		
5:00 AM		
6:00 AM		
7:00 AM		
8:00 AM		
9:00 AM		
10:00 AM		
11:00 AM		
12:00 PM		
1:00 PM		
2:00 PM		
3:00 PM		
4:00 PM		
5:00 PM		
6:00 PM		
7:00 PM		
8:00 PM		
9:00 PM		
10:00 PM		
11:00 PM		

Suggested Activities to Document

Wake up routine • Feeding times • Medication schedule • Bathroom breaks • Walks and exercise • Play sessions • Training activities • Social interaction • Quiet time • Favorite sleeping locations • Evening routine • Bedtime routine

Things My Family Animal Looks Forward To

Favorite activities	
Favorite toys	
Favorite treats	
Favorite walking routes	
Favorite resting places	
Favorite people	

Things That Cause Stress or Discomfort

Fears	
Triggers	
Loud noises	
Separation concerns	
Handling sensitivities	
Medical concerns	

Comfort & Reassurance Tips

How the Family Animal likes to be comforted	
Preferred calming techniques	
Preferred words or cues	
Preferred routines during stressful situations	

Educational Note: A familiar routine can significantly reduce stress and anxiety during periods of change. The more accurately a caregiver can follow your Family Animal's normal schedule, the easier the transition is likely to be for everyone involved.

Health Information

Medical conditions

Allergies

Emergency symptoms

Insurance information (if applicable)

Emergency Contacts

Primary veterinarian

Emergency veterinary hospital

Poison control information

Emergency caregiver

Backup caregiver

Family emergency contact

Caregiver Notes

What you most want the caregiver to know

Comfort and reassurance tips

Supply Location Checklist

- ☐ Food storage location identified
- ☐ Treats location identified
- ☐ Bowls and feeding supplies location identified
- ☐ Medications storage location identified
- ☐ Leashes, harnesses, and collars location identified
- ☐ Carrier or crate location identified
- ☐ Bedding and comfort items location identified
- ☐ Cleaning and waste supplies location identified
- ☐ Emergency go bag location identified
- ☐ Planning documents location identified

Photo Reference Section

Attach or note where photos of the following can be found. Photos help caregivers locate supplies and recognize your Family Animal's routine quickly.

- ☐ Photo of food and feeding setup
- ☐ Photo of medication storage
- ☐ Photo of leash, harness, and carrier
- ☐ Photo of favorite sleeping spot
- ☐ Photo of comfort items
- ☐ Photo of emergency go bag
- ☐ Recent photo of Family Animal for identification

Review and Update**Completed by****Date completed****Next review date (within 12 months)****Shared with caregiver on****Plan Ahead. Protect Their Future. Because They're Family.™**

This worksheet is provided for educational and preparedness purposes only and does not constitute legal, medical, veterinary, or emergency management advice. Users should consult appropriate professionals regarding their individual circumstances.