

Perfect Weight



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.com/10WeekTurnaround

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRID
FOOD TRANSITION WEEK	Mix 1 part Pe	slow. rfect Weight pet's original food.	Mix 2 parts P	e slightly. erfect Weight original food.	mix 3 parts	is adjusting w s Perfect Weig : original food.
1	Take a "before" picture of your pet.		feel full afterward. The	oy feeding time and journey to weight loss as begun!		
2						While you Perfect Wei Kee
3						
4			Is your pet starting to Is their waist easier to see and compare it to whe	e? Take a picture		
5						
6					You're ove Only four weeks to can play longer a	er the hump! o go. See if your and exercise mo
7			3 - 5			
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				looks and feels. Wi and take one las And make sure to	e difference in how your pe hy not plan a fun celebratio t picture of their progress. share your pet's success or om/10WeekTurnaround	n

RIDAY	SATURDAY			
y well, 'eight od.	No more mixing. Just give your pet Perfect Weight!	LB Weekly Weight Tracker:		
Veight is helpin	any difference visually, g your pet burn calories. ayoff is worth it!			
our pet more.	U I			
1				
A CO				