# Appendix B: Sample Collaborative Coerenza Care Plan Template [EXPANDED VERSION]

**This template is designed for joint completion by the dog owner and veterinarian during or after an initial Coerenza consultation. It creates a living document that evolves with the dog's needs. Print or use digitally. Review and update at each reassessment (recommended every 4–6 weeks initially, then quarterly or as medically indicated).**

## Dog Profile & Team Information

| | |
|---|---|
| **Dog's Name:** | *[Enter name]* |
| **Breed / Mix:** | *[Enter breed or primary breeds]* |
| **Age / Date of Birth:** | *[Enter age or DOB]* |
| **Sex / Neutered Status:** | *[Male/Female • Intact/Neutered]* |
| **Current Weight:** | *[Enter lbs/kg]  Ideal Weight: [Enter target if applicable]* |
| **Primary Concerns / Reason for Visit:** | *[List top 2–3 issues or goals, e.g., anxiety on walks, weight management, destructive chewing when alone]* |
| **Owner Name(s):** | *[Primary contact + additional family members involved in care]* |
| **Veterinarian / Clinic:** | *[Name, clinic, contact info]* |
| **Date Plan Initiated:** | *[MM/DD/YYYY]  Next Review Date: [MM/DD/YYYY]* |

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## Pillar 1: Exercise — Building Physical Vitality and Mental Balance

### Baseline Observations (Owner):

***[Describe typical daily activity level, energy patterns throughout the day, any signs of restlessness or lethargy, current exercise routine (type, duration, frequency), any physical limitations or recent changes in mobility.]***

### Veterinary Assessment:

***[Mobility score, joint health notes, cardiovascular fitness observations, weight-related considerations, any contraindications.]***

### SMART Goals (Mutual):

**1. [Specific, measurable goal, e.g., Achieve 45–60 minutes of moderate daily activity within 4 weeks]**

**2. [e.g., Reduce restless pacing at night by 50% through structured morning and evening exercise]**

### Action Steps:

- Owner: [Morning 20-min brisk walk + evening 15-min fetch or structured play; weekend longer hike or agility session]
- Owner: [Track activity with a simple log or app; note energy and behavior changes]
- Veterinarian: [Recommend joint support supplement or physical therapy referral if indicated; provide safe exercise guidelines for any orthopedic concerns]

*Success Metrics and Monitoring: [Weight trend, body condition score, observed energy/mood, mobility during walks, quality of sleep, any regression signs. Reassess in 4–6 weeks.]*

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## Pillar 2: Enrichment — Feeding the Curious Mind

### Baseline Observations (Owner):

***[Describe current mental stimulation opportunities, any signs of boredom (destructive chewing, excessive barking, shadow chasing, pacing), training history, social interactions with people/other dogs.]***

### SMART Goals (Mutual):

**1. [e.g., Introduce 2–3 new puzzle toys or scent games per week; achieve calm settling within 5 minutes of owner leaving the room]**

### Action Steps:

- Owner: [Daily 10–15 min training session (targeting, nose work, or trick training); rotate puzzle toys and scatter feeding; schedule one social outing or playdate weekly]
- Veterinarian: [Recommend specific enrichment tools appropriate for age/health; suggest certified trainer or behaviorist if anxiety is significant]

*Success Metrics: [Reduction in unwanted behaviors, increased calm focus, improved ability to settle, owner-reported engagement and joy during activities. Reassess in 4–6 weeks.]*

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## Pillar 3: Environment — Creating Safety and Comfort

### Baseline Observations (Owner):

***[Describe home setup: flooring (slippery?), crate location and comfort, access to windows/views, noise levels, temperature control, safe spaces, any hazards (toxic plants, cords, etc.), how the dog uses different areas of the home.]***

### Action Steps:

- Owner: [Add non-slip runners or rugs on high-traffic areas; create a quiet, cozy resting zone in family area with familiar bedding; provide window perches or safe outdoor visual access; remove or secure hazards; ensure consistent temperature and fresh air flow]
- Veterinarian: [Assess for environmental contributors to stress or physical issues (e.g., slippery floors exacerbating joint pain); recommend specific modifications or products]

*Success Metrics: [Dog chooses resting spots confidently, reduced hesitation on floors, calmer response to household sounds, improved sleep quality. Visual inspection and owner report at follow-up.]*

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## Pillar 4: Nutrition — Fueling Vitality and Longevity

### Baseline Observations (Owner):

***[Current diet (brand/type, amount, frequency), treats and human food sharing, any supplements, appetite changes, stool quality, coat/skin condition, energy stability after meals.]***

### Veterinary Assessment & Recommendations:

***[Body condition score, ideal caloric intake, any medical dietary needs (allergies, sensitivities, joint support, weight management). Transition plan if changing food.]***

### Action Steps:

- Owner: [Follow prescribed diet and portion control; measure food accurately; limit high-calorie treats to <10% of daily calories; provide fresh water stations; log appetite and stool quality weekly]
- Veterinarian: [Prescribe or recommend specific therapeutic or high-quality maintenance diet; calculate RER and daily calories; suggest evidence-based supplements if indicated (e.g., omega-3s, joint support)]

*Success Metrics: [Stable or improving body condition/weight, glossy coat, consistent energy, optimal stool quality (firm, well-formed). Re-weigh and reassess at each visit.]*

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## Pillar 5: Responsibility — The Dog's Role Within the Family

### Baseline Observations (Owner):

***[How is the dog currently integrated into family life? Greeting rituals, daily routines involving the dog, any "jobs" or tasks the dog performs, consistency of rules/boundaries across family members, strength of the human-animal bond, any feelings of the dog being "peripheral" vs. a true family member.]***

### Action Steps:

- Owner/Family: [Establish consistent, calm greeting protocol; assign simple daily "jobs" (carrying a toy to the basket, alerting to doorbell, participating in family walks); practice polite manners (waiting at doors, calm greetings); involve all family members in training and care routines; create predictable daily rituals that include the dog]
- Veterinarian: [Guide on positive, force-free training methods; discuss how the dog's role supports emotional well-being and reduces behavioral issues; reinforce that inclusion strengthens the bond and improves compliance with medical plans]

*Success Metrics: [Dog shows confident, appropriate greetings; reduced anxiety around departures or changes; family reports stronger sense of partnership and joy; improved overall household harmony. Measured through owner reflection and observed behavior at follow-ups.]*

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# Overall Coerenza Plan Notes & Commitments

## Additional Notes / Integrative Therapies Considered:

***[e.g., Acupuncture referral for chronic pain, laser therapy, massage, or other complementary modalities aligned with evidence-based practice and the dog's specific needs.]***

## Reassessment Schedule:

**Initial intensive review: 4–6 weeks. Ongoing: Every 3 months or at any significant life change (move, new family member, health event). Annual comprehensive Coerenza wellness exam recommended.**

## Our Shared Commitment:

**We, the undersigned, commit to open communication, consistent implementation of this plan, and regular collaboration to support [Dog's Name]'s whole-dog wellness. We recognize that true progress comes from partnership and that small, intentional daily actions across all five pillars create lasting harmony.**

**Owner Signature: _____**
**Date: _____**

**Veterinarian Signature: _____**
**Date: _____**

***This plan belongs to the dog and family. Update it together. Celebrate progress. Adjust with compassion.***

***5 Pillars - 1 Partnership***

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