

Dear Veterinary Colleague,

\_\_\_\_\_ has recently joined the WAGSTA Wellness\* veterinary-guided weight plan.

WAGSTA recommends all weight plan participants visit their veterinarian for a **general health check** prior to diet commencement. This is to assess possible health issues that may be impacting weight gain or may pose a barrier to diet and exercise.

**Today's Consultation:**

At today's appointment, please

1. Collect an up-to-date weight for pet
2. Provide a Target Weight estimation (Healthy Weight to aim for)
3. Conduct a General Health Check - to give the all-clear for dieting to commence

Please note: WAGSTA weight plans are not suitable for healthy weight dogs, pregnant or lactating dogs, dogs aged less than one year (or less than 18 months if a giant breed) or for dogs with health conditions where caloric restriction is not advisable.

Your assistance is greatly appreciated. We look forward to supporting your client's dog on their successful weight loss journey.

Yours Sincerely,



**Dr Charlotte Williamson BVSc MPHTM**  
CEO and Senior Veterinarian, WAGSTA

For Owner Records

Date:

Body Weight (Current weight):

Healthy Target Weight Estimation:

-----

**\* What is WAGSTA Wellness?**

WAGSTA Wellness is a veterinary-guided coaching program which educates and supports owners in helping their dogs lose weight.

WAGSTA helps owners recognize household habits and behaviors that contribute to their dog's weight gain and equips owners to help their dogs achieve long term weight loss success.

Our program provides:

- individualized calorie and portion plans
- feeding advice - catering for commercial diet dog food and homecooked market
- activity programs based on low impact exercise
- education of the effects of weight gain and the benefits of maintaining a healthy weight
- an online community of fellow dog dieters
- access to online veterinary feedback and support (weight management advice only)

We provide several activity programs ranging from those suitable for brachycephalic and morbidly obese dogs through to moderately overweight dogs.

In instances of severe disability e.g. Dogs due joint surgery, and for those with severe respiratory disease, we offer a baseline activity program where active exercise is not required to support weight loss.

At WAGSTA we pride ourselves on facilitating safe and sustainable dog weight loss. To learn more about our weight programs please visit [www.wagsta.dog/wagsta-wellness](http://www.wagsta.dog/wagsta-wellness)