



The 7-Day Itch Snapshot

Record what you notice, ready to share with your vet. Do not wait seven days to seek advice.
Bring the notes you have, even if that is only today.

DAY	DATE	ITCH 0 TO 10	PAW LICKING?	HEAD SHAKING / EAR SCRATCHING?	STOOL OK?	FOOD, TREATS, CHEWS
1						
2						
3						
4						
5						
6						
7						

How to score itch

Use the same personal scale each day: 0 = none; 10 = almost nonstop scratching, licking or chewing. Note what you saw, too. The score cannot diagnose a cause.

Take two photos

Photograph changes in the same light if comfortable.
Bring available photos; do not wait for day 7.

Using your copy
Save the PDF first, then type in a PDF reader or print.
Save again and reopen to check your notes. Missed a day? Leave it blank. Use a dated extra sheet if you need more space.

Call your vet now if you see

- Any change in breathing
- Swelling of the face or muzzle
- Open, bleeding or oozing skin
- Vomiting more than once, or bloody stool

Source: PetMD, Dog Allergic Reaction (2026).

Bring to the visit

- ☐ This sheet, filled in
- ☐ Available photos of changes
- ☐ Food, treat and chew bags, or photos of the labels
- ☐ Every medicine and flea product



10 questions to ask your vet

Bring this page to the appointment. Tick each one as you ask it, and jot the answer.

☐ Could this be fleas, food, the environment, or more than one?

☐ Is a food trial a good idea for my dog?

☐ If so, which diet, and for how many weeks?

☐ Which of my dog's current meds or chews are flavored?

☐ Is it OK to keep flea control going, and in what form?

☐ Can I use any treats or training rewards during a trial?

☐ What should I record each day?

☐ When should we check in, and what counts as a flare?

☐ What do we do if my dog eats something by accident?

☐ Are blood, saliva or hair allergy tests worth it?
