

6+



MY PUPPY'S

First Year Journal

*52 Weeks of Memories, Health,
Training & Growth*

FEATURING THE 100 FIRST ACHIEVEMENTS CHECKLIST

BY ELENA ROMANOVA

A KEEPSAKE JOURNAL FOR NEW PUPPY PARENTS

for

Elena Romanova

My Puppy's First Year Journal

«Издательские решения»

Romanova E.

My Puppy's First Year Journal / E. Romanova — «Издательские решения»,

A keepsake journal for your puppy's entire first year — health records, training log, 52 weekly spreads, plus the signature 100 First Achievements checklist and Puppy Bucket List. Part planner, part memory book, all heart.

© Romanova E.

© Издательские решения

Содержание

MY PUPPY'S	6
SECTION ONE	8
About My Puppy	8
SECTION ONE	9
Family & First Photo	9
PASTE PHOTO HERE	10
SECTION ONE	11
Meet the Family	11
SECTION TWO	12
Health	12
SECTION TWO	13
Vaccination Record	13
SECTION TWO	14
SECTION TWO	15
Medications & Allergies	15
SECTION THREE	16
Growth	16
SECTION THREE	17
Growth Chart	17
SECTION THREE	18
Photo Timeline	18
SECTION THREE	19
Weight & Height Log	19
SECTION THREE	20
Monthly Changes & Milestones	20
Конец ознакомительного фрагмента.	21

My Puppy's First Year Journal

Elena Romanova

© Elena Romanova, 2026

ISBN 978-5-0071-0961-1

Created with Ridero smart publishing system

MY PUPPY'S First Year Journal

52 Weeks of Memories, Health, Training & Growth
A KEEPSAKE JOURNAL FOR NEW PUPPY PARENTS

This Journal Belongs To

Puppy's Name

Owner's Name

If found, please contact:

WELCOME

How to Use This Journal

Congratulations on your new puppy. This journal is designed to grow alongside your dog through their entire first year — the messiest, funniest, and most formative twelve months you'll spend together.

There is no wrong way to fill these pages. Skip a week if life gets busy. Write one word or write a paragraph. The goal isn't a perfect record — it's a keepsake you'll actually want to read again in ten years.

INSIDE YOU'LL FIND

- # A profile page for your puppy's story, breed, and origins
- # A complete health record — vet visits, vaccines, medication, and microchip info
- # Growth tracking for weight, height, and monthly changes
- # A training log for commands, socialization, and milestones
- # The 100 First Achievements checklist — this journal's signature feature
- # The Puppy Bucket List — 100 things to do together
- # 52 weekly journal spreads, one for every week of the first year
- # Memory pages for the big firsts you'll want to remember forever
- # An emergency information page to keep on hand

A tip: keep this journal near your puppy's leash or food bowl. A five-second habit — jotting a line while the kettle boils — is how these books actually get filled in.

THE BEGINNING

Today You Came Home

"The best things in life are unexpected — like a puppy who wasn't planned but was always meant to be yours."

Their very first photo in this house

The Date
The Weather
Who Was There

The First Sound They Made
How My Heart Felt

SECTION ONE

About My Puppy

The basics — for the box, the vet forms, and the birthday cards.

Name

Breed / Mix

Date of Birth

Day They Came Home

Color / Markings

Sex

Where We Found Them (breeder / shelter / rescue)

SECTION ONE

Family & First Photo

Mother's Name / Breed

Father's Name / Breed

Litter Size

Siblings' Names (if known)

PASTE PHOTO HERE

Our first photo together

SECTION ONE

Meet the Family

Everyone who welcomed them home.

Name: _____ **Relationship to Puppy:** _____ **Favorite Thing They Do Together:** _____

Name: _____ **Relationship to Puppy:** _____ **Favorite Thing They Do Together:** _____

Name: _____ **Relationship to Puppy:** _____ **Favorite Thing They Do Together:** _____

Name: _____ **Relationship to Puppy:** _____ **Favorite Thing They Do Together:** _____

Name: _____ **Relationship to Puppy:** _____ **Favorite Thing They Do Together:** _____

Name: _____ **Relationship to Puppy:** _____ **Favorite Thing They Do Together:** _____

OTHER PETS AT HOME

SECTION TWO

Health

Everything your vet will ask you for, in one place.

Veterinarian / Clinic

Clinic Phone Number

Pet Insurance Provider

Policy Number

Microchip Number

Microchip Registered With

SECTION TWO

Vaccination Record

Vaccine: _____ **Date Given:** _____ **Next Due:** _____
Vet / Notes: _____

Vaccine: _____ **Date Given:** _____ **Next Due:** _____
Vet / Notes: _____

Vaccine: _____ **Date Given:** _____ **Next Due:** _____
Vet / Notes: _____

Vaccine: _____ **Date Given:** _____ **Next Due:** _____
Vet / Notes: _____

Vaccine: _____ **Date Given:** _____ **Next Due:** _____
Vet / Notes: _____

Vaccine: _____ **Date Given:** _____ **Next Due:** _____
Vet / Notes: _____

Vaccine: _____ **Date Given:** _____ **Next Due:** _____
Vet / Notes: _____

Vaccine: _____ **Date Given:** _____ **Next Due:** _____
Vet / Notes: _____

Vaccine: _____ **Date Given:** _____ **Next Due:** _____
Vet / Notes: _____

Vaccine: _____ **Date Given:** _____ **Next Due:** _____
Vet / Notes: _____

SECTION TWO

Deworming & Flea/Tick Prevention					
Treatment:	_____	Date	Given:	_____	Next Due:
_____	Notes:	_____			
Treatment:	_____	Date	Given:	_____	Next Due:
_____	Notes:	_____			
Treatment:	_____	Date	Given:	_____	Next Due:
_____	Notes:	_____			
Treatment:	_____	Date	Given:	_____	Next Due:
_____	Notes:	_____			
Treatment:	_____	Date	Given:	_____	Next Due:
_____	Notes:	_____			
Treatment:	_____	Date	Given:	_____	Next Due:
_____	Notes:	_____			
Treatment:	_____	Date	Given:	_____	Next Due:
_____	Notes:	_____			

SECTION TWO

Medications & Allergies

CURRENT MEDICATIONS

Medication: _____ **Dosage:** _____
Schedule: _____

Medication: _____ **Dosage:** _____
Schedule: _____

Medication: _____ **Dosage:** _____
Schedule: _____

Medication: _____ **Dosage:** _____
Schedule: _____

Medication: _____ **Dosage:** _____
Schedule: _____

KNOWN ALLERGIES & SENSITIVITIES

SECTION THREE

Growth

Watch them go from a handful to a whole personality.

“Puppies don’t stay small for long — but if you write it down, you get to keep it forever.”

Home • 2 mo • 4 mo • 6 mo • 8 mo • 10 mo • 1 Year

Their First Year at a Glance

SECTION THREE

Growth Chart

Mark their height at each check-in — against a doorframe, a wall chart, or wherever you like to measure.

Height at 3 Months
Height at 6 Months
Height at 9 Months
Height at 12 Months

Adult Weight Range (est.)

SECTION THREE

Photo Timeline

One photo a month — watch them change before your eyes.

Month 1

Month 2

Month 3

Month 4

Month 5

Month 6

Month 7

Month 8

Month 9

Month 10

Month 11

Month 12

SECTION THREE

Weight & Height Log

Month:	Month	1	Weight:	_____	Height:	_____	Notes:
Month:	Month	2	Weight:	_____	Height:	_____	Notes:
Month:	Month	3	Weight:	_____	Height:	_____	Notes:
Month:	Month	4	Weight:	_____	Height:	_____	Notes:
Month:	Month	5	Weight:	_____	Height:	_____	Notes:
Month:	Month	6	Weight:	_____	Height:	_____	Notes:
Month:	Month	7	Weight:	_____	Height:	_____	Notes:
Month:	Month	8	Weight:	_____	Height:	_____	Notes:
Month:	Month	9	Weight:	_____	Height:	_____	Notes:
Month:	Month	10	Weight:	_____	Height:	_____	Notes:
Month:	Month	11	Weight:	_____	Height:	_____	Notes:
Month:	Month	12	Weight:	_____	Height:	_____	Notes:

SECTION THREE

Monthly Changes & Milestones

Конец ознакомительного фрагмента.

Текст предоставлен ООО «Литрес».

Прочитайте эту книгу целиком, [купив полную легальную версию](#) на Литрес.

Безопасно оплатить книгу можно банковской картой Visa, MasterCard, Maestro, со счета мобильного телефона, с платежного терминала, в салоне МТС или Связной, через PayPal, WebMoney, Яндекс.Деньги, QIWI Кошелек, бонусными картами или другим удобным Вам способом.