



Your Puppy or Kitten's First-Year Health Schedule

A fill-in wall planner for vaccinations, worming and flea control — your vet sets the exact plan

PETSLIKEMINE
NEW PUPPY & KITTEN

PET NAME _____	DOG OR CAT _____	VET PRACTICE _____
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The first sixteen weeks hold three or four vet contacts, and it is easy to lose track of what is due when. This planner is a place to write your pet's **actual** plan as your vet sets it, so nothing quietly lapses. The dates below are deliberately blank: every pet is individual, products differ, and the exact schedule is your vet's to set. Write it in, then let the reminders carry it.

THE 10-WEEK VS 16-WEEK NOTE (BOTH ARE RIGHT)

*The first course is usually two injections, the first from around 8 weeks and the second two to four weeks later. Many UK products are licensed so the primary course can **finish at 10 weeks** — that is a legitimate schedule that lets your pet start meeting the world sooner. On top of it, WSAVA (2024) recommends a reliability dose **at 16 weeks or older**, because borrowed antibodies from mum can block an earlier dose in some youngsters. In UK practice that reliability dose is given either as a 16-week visit or folded into the 12-month booster. Both are reasonable. Ask your vet: “does my pet need a dose at 16 weeks, or are we relying on the 12-month booster, and why?”*

VACCINATION PLAN (WRITE IN THE DATES YOUR VET SETS)

VISIT	APPROX AGE	DATE GIVEN	NEXT DUE
First vaccination	from ~8 weeks	_____	_____
Second vaccination	2–4 weeks later	_____	_____
Reliability dose (16 wks or 12-mth booster)	ask your vet	_____	_____
Annual booster	~12 months	_____	_____

*Cats follow the same shape (panleukopenia and the two cat-flu viruses are core; FeLV is recommended for any cat that will go outdoors or live with other cats). There is **no FIV vaccine** in the UK — FIV is managed by testing and lifestyle, not a jab.*

WORMING & FLEA PLAN (WRITE IN YOUR VET'S PLAN AND PRODUCT)

AGE BAND	DUE DATES (WRITE IN)	PRODUCT USED
Worming: frequent in the early weeks	_____	_____
Worming: stepping down as they grow	_____	_____
Worming: risk-based adult plan	_____	_____
Flea control (year-round, environmental)	_____	_____

WHY VET-LED BEATS GUESSWORK

*Doses are set by body weight, and a young pet is a moving target, so the plan is reviewed as they grow. Not every over-the-counter wormer covers lungworm; a vet-led plan does. And the hard safety line: **never use a dog flea or worm product on a cat** — many contain permethrin, which is highly toxic to cats. If you have both, keep them apart after treating the dog until it has dried.*

Written and reviewed by Dr Alastair Greenway MRCVS and Claire Greenway BVM&S MRCVS. This sheet explains and records. It does not diagnose or prescribe. Always follow your own vet's instructions.

How to use. Write in each date as your vet sets it, note the product used, and review the dose at every visit as your pet grows. Your vet sets the exact plan for your individual pet. A wellbeing aid, not a substitute for veterinary advice.

YOUR VET SETS THE EXACT PLAN — BRING THIS TO EACH VISIT