



# Your Pet's Year-Round Prevention Calendar

A fill-in annual planner for the tasks that keep a well pet well: sorted by how often they truly recur

**PETSLIKEMINE**  
STAYING WELL

|                      |                      |                      |
|----------------------|----------------------|----------------------|
| PET NAME             | SPECIES / BREED      | VET PRACTICE         |
| <input type="text"/> | <input type="text"/> | <input type="text"/> |

Preventive care is not one thing you do, it is a dozen small things spread unevenly across the year. The trick is to get every recurring task onto one page, sorted by how often it truly comes round: monthly, seasonal or annual. Nothing here is daily, the everyday habits like toothbrushing and portion control just live in your routine.

## THE HONEST-BROKER PRINCIPLE

*The right calendar is not the busiest one, it is the one matched to your actual pet, area and household. The profession's own guidance (BVA/BSAVA/BVZS; ESCCAP UK & Ireland) says to risk-assess the individual rather than default everyone to monthly. Start with the [parasite risk quiz](/tools/parasite-risk-check) (/tools/parasite-risk-check), then agree the intervals with your vet and write them in below.*

## THE ANNUAL ANCHORS (WRITE IN LAST-DONE AND NEXT-DUE)

| ANNUAL TASK                                                 | LAST DONE            | NEXT DUE             | NOTES                |
|-------------------------------------------------------------|----------------------|----------------------|----------------------|
| Annual health check (the full nose-to-tail exam)            | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Yearly boosters (e.g. leptospirosis, kennel cough)          | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Core booster (no more often than every 3 years, WSAVA 2024) | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Microchip-detail review (phone & address current)           | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Insurance renewal (check cover before it auto-renews)       | <input type="text"/> | <input type="text"/> | <input type="text"/> |

## THE SEASONAL BEAT: WORMING, A QUARTERLY BASELINE

ESCCAP's baseline for a typical pet is at least four roundworm treatments a year, roughly one a quarter, stepped up (never down to nothing) for higher-risk homes. Log each one so you are never guessing.

| QUARTER      | DATE DONE            | PRODUCT / INTERVAL AGREED WITH VET |
|--------------|----------------------|------------------------------------|
| Q1 (Jan-Mar) | <input type="text"/> | <input type="text"/>               |
| Q2 (Apr-Jun) | <input type="text"/> | <input type="text"/>               |
| Q3 (Jul-Sep) | <input type="text"/> | <input type="text"/>               |
| Q4 (Oct-Dec) | <input type="text"/> | <input type="text"/>               |

## FLEA & TICK, AND THE MONTHLY HABIT

### FLEA & TICK PLAN AGREED WITH VET

*Frequency depends on the product and your pet's real risk, so record the plan you agreed rather than assuming blanket monthly.*

The most valuable **monthly** task costs nothing and is a habit, not a reminder: run your hands over your pet for new lumps, glance at eyes, ears and teeth, and check the weight. Your early-warning system.

## THE ONE LINE THAT IS NEVER OPTIONAL

Roundworm control stays on the calendar whatever else changes: *Toxocara* is zoonotic. Risk-based means matching the frequency to your household, not dropping it: the quarterly baseline is the floor, never zero.

*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.** Enter the dates you already know into the Preventive Care Scheduler, run the parasite risk quiz, and let it surface each task through your Care Hub as it falls due. Sorted by rhythm, nothing daily. A wellbeing aid, not a substitute for veterinary advice.

**THE RIGHT AMOUNT AT THE RIGHT TIME,  
NOT THE MOST**