



Resting Breathing Rate Chart

The single most useful number you can track at home

PETSLIKEMINE
BREATHING & AIRWAYS

PET NAME	CONDITION	USUAL RATE (ONCE KNOWN)

Count the breaths your pet takes while fast asleep or fully settled. A steady number that creeps up over days is an early warning, often before any other sign. Pairs with the Resting Breathing Rate tracker.

HOW TO COUNT

Wait until your pet is asleep or completely resting, not panting. Watch the chest: one breath is the chest rising and falling once. Count for 30 seconds and double it, or count a full minute. Note it before any medication, at a similar time each day.

WHAT THE NUMBER MEANS

Under about 30 a minute is reassuring. 30 or more is worth watching, with a same-day call if it stays up. 40 or more is worth ringing the vet. These thresholds come from heart monitoring and are used here as a general resting-rate guide; what matters most is a rate climbing above your own pet's usual.

MY PET'S TREND

DATE	TIME	BREATHS PER MINUTE	ASLEEP / RESTING	NOTES

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. Count at rest, note it at a similar time each day, and bring the trend to your vet. A rate climbing over several days is worth a call even if your pet seems well.

A RATE CLIMBING OVER DAYS IS WORTH A CALL