



Please complete all sections as thoroughly as possible before your consultation.
The more detail you provide, the better I can prepare a personalised plan for your pet.

SECTION 1 — YOUR DETAILS (OWNER / CARER)

First Name *

Last Name *

Email Address *

Phone Number *

State / Territory

How did you hear about us?

SECTION 2 — YOUR PET'S DETAILS

Pet's Name *

Breed

Age (e.g. 3 years, 6 months)

Approximate Weight (kg)

Species *

Cat Dog

Sex *

Male Female

Desexed? *

Yes No Unknown

SECTION 3 — DIET & FEEDING HISTORY

Current diet type (tick all that apply) *

Raw/BARF Kibble (dry) Wet/Canned Home-cooked Mixed

What do you currently feed? (brands, foods, portion sizes, feeding schedule)

How long on current diet?

Meals per day

Treats — type and frequency

Water source

Tap Filtered Bottled Rain

Supplements currently given (name, dose, frequency) — or write 'None'

Previous diet changes — what changed and why?



SECTION 4 — HEALTH & MEDICAL HISTORY

Main reason for this consultation — what are you hoping to achieve? *

Current health concerns / symptoms (please describe in as much detail as possible)

Current prescribed medications (name, dose, frequency) — or write 'None'

Other treatments / over-the-counter products currently being used

Past illnesses, injuries or surgeries (include approximate dates)

Known allergies, intolerances or sensitivities (food or environmental)

Vet's name

Clinic name

Vet's phone / email (optional)

Date of last vet visit

Has your pet had recent blood work or diagnostic tests?

Yes — please email results to jessica@thepetnaturopath.com.au No

Any other relevant medical information your vet has shared



SECTION 5 — LIFESTYLE & ENVIRONMENT

Living environment

Indoor only Outdoor only Indoor/Outdoor

Exercise — type and frequency (e.g. 2 walks/day, 30 min)

Other pets in household? (species/number)

Any recent changes at home?

General stress / anxiety level

Low Moderate High Unsure

Describe your pet's typical day (routine, activity, social interaction)

Anything else relevant to your pet's health or wellbeing?

SECTION 6 — CONSENT & DECLARATION

- I confirm that all information in this form is accurate and complete to the best of my knowledge.
- I understand that consultations with The Pet Naturopath are complementary and do not replace veterinary care.
- I understand that I should continue to seek conventional veterinary advice for any medical conditions.
- I consent to Jessica using this information to prepare nutritional recommendations for my pet.
- I understand that individual results may vary and no specific outcomes are guaranteed.

Signature: _____ **Date:** _____

Full name (print): _____

Important disclaimer: Jessica is an animal naturopath and nutritionist, not a veterinarian. All consultations are complementary in nature and are not a substitute for professional veterinary advice, diagnosis, or treatment. Always consult a licensed veterinarian for your pet's medical care and emergencies.

Please return this completed form to: jessica@thepetnaturopath.com.au
Please send at least 24 hours before your consultation. Thank you