

choose dog or cat:

Understanding your Dog's Body Condition

next: [Body Condition System - Adult](#)

About Dog Basic Care

[Commonly Asked Questions](#) 5

[Dental Health](#) 9

[Grooming](#) 9

[Older Dog Care](#) 5

[Pests and Parasites](#) 11

[Vaccinations](#) 4

[Vets](#) 11

[Weight and Exercise](#) 10

You may also like

[PURINA®: Animal Advice - Exercise for your Pet](#)

[PURINA®: Animal Advice - Pet Dental Health](#)

[PURINA®: Animal Advice - Gift Ideas for Pets and Healthcare Tips](#)

Too Thin

1. Ribs, lumbar vertebrae, pelvic bones and all bony prominences evident from a distance. No discernible body fat. Obvious loss of muscle mass.



2. Ribs, lumbar vertebrae and pelvic bones easily visible. No palpable fat. Some evidence of other bony prominence. Minimal loss of muscle mass.



3. Ribs easily palpated and may be visible with no palpable fat. Tops of lumbar vertebrae visible. Pelvic bones becoming prominent. Obvious waist.

Ideal

4. Ribs easily palpable, with minimal fat covering. Waist easily noted, viewed from above. Abdominal tuck evident.



5. Ribs palpable without excess fat covering. Waist observed behind ribs when viewed from above. Abdomen tucked up when viewed.

Too Heavy

6. Ribs palpable with slight excess fat covering. Waist is discernible viewed from above but is not prominent. Abdominal tuck apparent.



7. Ribs palpable with difficulty; heavy fat cover. Noticeable fat deposits over lumbar area and base of tail. Waist absent or barely visible. Abdominal tuck may be present.



8. Ribs not palpable under very heavy fat cover, or palpable only with significant pressure. Heavy fat deposits over lumbar area and base of tail. Waist absent. No abdominal tuck. Obvious abdominal distension may be present.

9. Massive fat deposits over thorax, spine and base of tail. Waist and abdominal tuck absent. Fat deposits on neck and limbs. Obvious abdominal distension.

previous: [Maintaining a Healthy Weight](#)

next: [Body Condition System - Adult](#)