

Body Condition Score Chart

We will assess your pet and score it on the scale 1-5 below. You can learn how to do this yourself when you bring your pet in for their free nurse-led body condition check.



1

Less than
5% body fat

Very Thin

- Ribs, Hipbones and Spine are easily visible
- Body fat not evident
- Muscle appears to have wasted away



2

5%–15%
body fat

Underweight

- Ribs, Hipbones and Spine can be felt with a small amount of pressure
- Little or no body fat on body
- Waist and abdominal tuck are obvious



3

16–25%
body fat

Ideal

- Ribs can be easily felt without excessive pressure
- Ribs, Hipbones and Spine cannot be seen
- Waist and abdominal tuck can be viewed when pet is standing sideways on



4

26–35%
body fat

Overweight

- Ribs cannot be felt or seen
- Fat pads can be seen around base of tail and lower back
- No obvious waist or abdominal tuck



5

Over 35%
body fat

Obese

- Abdominal appears bloated and enlarged
- Fat can be seen and felt
- No waistline or abdominal tuck can be seen



*The silhouettes above are not to be used as an accurate guide, please use the text descriptions as a more precise definition of your pet's health.

If your cat or dog has not received a body condition check from us in the last year, then please call us to book yours now...