



Rabbit Care Planner

Ten printable worksheets to keep your bunny healthy and happy: health, diet, litter habits, bonding, grooming, and more, all in one cozy place.

What's Inside

- 01 Health & Symptom Log — eating, droppings, energy, weight
- 02 Diet & Weight Tracker — weight and body condition
- 03 Daily Hay & Veggie Tracker — hay, pellets, greens, water
- 04 Litter Box Habits Log — droppings and cecotropes
- 05 Daily Care Checklist — the everyday essentials
- 06 Exotic Vet Visit Prep — symptoms and questions
- 07 Grooming & Molt Log — brushing, nails, mats
- 08 Rabbit Bonding Diary — session-by-session progress
- 09 Emergency Info Sheet — vet, meds, GI stasis plan
- 10 Monthly Wellness Check — 12-month head-to-tail

How to use this planner: Print the worksheets you need and keep them near your rabbit's space. Tracking hay, droppings, and weight is the single best way to catch GI stasis and

dental trouble early, because rabbits hide illness. Bring the health log and wellness check to every exotic-vet visit.

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2. Poop Output Quick Reference

Droppings are the single best daily window into rabbit gut health. Compare what you see against this guide.

What You See	What It Usually Means
Many round, dry, evenly sized droppings	Normal gut motility, good fiber intake
Fewer, small, or misshapen droppings	Slowing gut, early GI stasis warning. Watch closely and offer hay
No droppings for 12+ hours	EMERGENCY. Call the exotic vet now
Droppings strung together with fur	Molt-related slowdown. Increase hay, water, and grooming
Soft, mushy, or true diarrhea	Abnormal. Contact your vet, especially in young rabbits

3. Symptom Notes

Record anything unusual: teeth grinding (pain), hunched posture, head tilt, drooling, runny eyes or nose, or changes in litter habits.

This log is an aid for monitoring, not a substitute for veterinary care. Rabbits hide illness well and decline fast. When in doubt, contact a rabbit-savvy exotic veterinarian.

Diet & Weight Tracker

A printable monthly tracker for your rabbit's weight, body condition, and diet

Rabbit's Name:	Breed:
Age:	Target Weight:
Spayed / Neutered:	Year:

1. Monthly Weight & Body Condition Log

Weigh your rabbit on the same kitchen or pet scale each month. Steady weight is the goal. Sudden loss can signal dental disease or illness.

Month	Weight	Body Condition (1 to 5)	Diet Notes & Changes
January
February
March
April
May
June
July
August
September
October
November
December

2. Body Condition Score (BCS) Reference

Run your hands over the rib cage, spine, and hips. You should feel the bones with a light covering, like the back of your hand.

Score	What You Feel
1 - Too thin	Ribs, spine, and hips sharp and obvious. No fat cover. Underweight
2 - Thin	Bones easily felt with very little covering. Slightly underweight
3 - Ideal	Ribs and spine felt with gentle pressure, smooth rounded curves. Healthy
4 - Overweight	Bones hard to feel under fat. Rounding belly, fat pads forming
5 - Obese	Cannot feel ribs or spine. Large dewlap, fat rolls, cannot reach to groom. At risk

3. Current Daily Diet Plan

Record your rabbit's baseline diet so anyone caring for them can match it. Unlimited grass hay should be roughly 80 percent of the diet.

Food	Type / Brand	Daily Amount
Grass hay (timothy, orchard, etc.)
Pellets
Fresh leafy greens
Treats (fruit, herbs)
Water source

4. Notes

Vet weight targets, diet transitions, or questions to raise at the next checkup.

Ideal weight varies widely by breed, from under 3 pounds to over 10. Ask your exotic vet for your rabbit's healthy target and use that as your reference.

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2. Which Greens Were Given

Aim for a rotating mix of 2 to 3 leafy greens daily. Note exactly what you offered so you can spot favorites and any that upset digestion.

Day	Greens Offered	Eaten Well?
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

3. Rabbit-Safe Greens to Rotate

Introduce any new green slowly and in small amounts. Variety helps, but consistency keeps the gut steady.

Everyday Greens	Rotate In Moderation
Romaine, green or red leaf lettuce	Kale and spinach (smaller amounts)
Cilantro, basil, parsley, mint	Carrot tops, broccoli leaves
Dandelion greens, bok choy	Dill, watercress
Spring greens, arugula	Herbs as occasional variety

4. Notes

New foods tried, anything refused, or appetite changes worth watching.

Always introduce new greens one at a time. Avoid iceberg lettuce, and never feed grass clippings, beans, or large amounts of fruit. When unsure about a food, check with your exotic vet.

2. Urine Color & Amount

Rabbit urine ranges from pale yellow to deep orange or red from plant pigments, which is usually normal. True blood, gritty sludge, or straining is not. Note what you see.

Date	Color	Amount (normal / a lot / very little)	Straining or signs of pain?
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3. What Is Normal vs. Worrying

Cecotropes are the soft, clustered, grape-like droppings a rabbit normally eats directly from the bottom. Seeing many left uneaten can mean the diet is too rich or the rabbit cannot reach to groom.

Normal	Call Your Vet
Many round, dry, even droppings daily	Few, tiny, or no droppings (GI stasis risk)
Cecotropes eaten directly, rarely seen	Cecotropes smeared or left uneaten regularly
Yellow to orange or red-tinged urine	Gritty, sludgy, or truly bloody urine
Reliable use of the litter box	Sudden accidents, straining, or wet bottom

4. Notes

Diet changes, new litter, or patterns to mention to your vet.

A sudden drop in dropping size or number is one of the earliest signs of GI stasis. If your rabbit stops pooping and eating for 12 or more hours, contact your exotic vet right away.

2. Weekly Tasks

Check off once during the week and note the day completed.

Task	Done?	Day Completed
Full litter box change & wash
Deep clean enclosure / room floor
Scrub food bowls & water bottle
Brush / groom (more during molt)
Check nails & bottom of feet
Weigh rabbit
Rotate / refresh toys
Restock hay & greens supply

3. Notes

Anything skipped, supplies running low, or behavior worth watching.

Rabbits need several hours of supervised exercise outside their enclosure every day. A consistent routine keeps them healthy and helps you notice problems early.

Exotic Vet Visit Prep

A printable worksheet to organize everything before your rabbit's vet appointment

Rabbit's Name:	Breed:
Age:	Current Weight:
Clinic / Vet:	Appointment Date:

1. Symptoms & Timeline

Rabbits hide illness, so small details matter. Record exactly what you noticed and when it started.

Symptom / Change	When It Started	Getting Better / Worse / Same
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2. Current Diet, Habits & Medications

Bring this so your vet has the full picture. Note recent changes in eating, drinking, and droppings.

Item	Details
Hay type & amount
Pellets (brand & amount)
Greens & treats
Eating & drinking lately
Droppings (size & amount)
Current medications & doses
Supplements
Recent weight trend

3. Questions to Ask the Vet

Write your questions ahead of time so nothing is forgotten in the moment.

My Question	Vet's Answer
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4. Finding a Rabbit-Savvy Exotic Vet

Not every clinic treats rabbits well. Use these questions when choosing or evaluating a practice.

Ask the Clinic	Their Answer
How many rabbits do you see each week?
Do you treat GI stasis and dental disease often?
Are you comfortable with rabbit anesthesia?
Do you offer exotic emergency or after-hours care?
Are you a member of an exotic / rabbit vet group?

A rabbit-savvy vet is one of the most important investments in your rabbit's health. Find one before an emergency, not during one.

2. Nail Trims, Mats & Scent-Gland Checks

Nails usually need trimming every 4 to 8 weeks. Check for mats (especially in long-haired breeds) and clean the scent glands beside the genitals when they get waxy.

Date	Nails Trimmed?	Mat Check (clear / found / removed)	Scent Glands Cleaned?	Notes
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3. Safe Grooming Reminders

Gentle handling keeps grooming stress-free for a prey animal.

Do	Avoid
Brush more often during heavy molts	Bathing in water (it terrifies and chills rabbits)
Keep the rabbit on a non-slip surface, feet down	Flipping onto the back for long restraint
Use a rabbit-safe brush and finger-pluck loose fur	Cutting deep mats with scissors (skin tears easily)
Trim just the tip, avoiding the pink quick	Ignoring overgrown nails that curl into the foot

4. Notes

Coat changes, skin issues, or tools that work best for your rabbit.

During a heavy molt, watch droppings closely. Fur strung together or a drop in output can signal a gut slowdown. Increase hay, water, and brushing, and call your vet if eating stops.

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2. Behaviors Observed

Tally what you see each session. More positive and fewer negative behaviors over time is the sign of a bond forming.

Date	Positive (mutual grooming, lying together, eating side by side)	Negative (chasing, nipping, mounting, fur flying)
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3. Reading the Signs

Know which behaviors to encourage and which mean you should slow down or separate.

Good Signs	Slow Down / Separate
Grooming each other's head and ears	Persistent chasing or circling
Lying down stretched out near each other	Biting that draws fur or blood
Eating hay together calmly	Boxing up on hind legs, lunging
Ignoring each other peacefully	Either rabbit looks panicked or cornered

4. Progress Notes

Milestones, setbacks, and what to try next session.

Both rabbits should be spayed or neutered before bonding. Never leave bonding rabbits together unsupervised until they are fully bonded. If a serious fight breaks out, separate them safely and slow the process down.

Rabbit Emergency Info Sheet

A printable sheet to post on the fridge for sitters, family, and emergencies

Rabbit's Name:	Breed / Color:
Age:	Normal Weight:
Spayed / Neutered:	Microchip #:

GI stasis is the #1 rabbit emergency. If this rabbit has not eaten or pooped for 12 or more hours, or is hunched, cold, and grinding its teeth in pain, call the exotic vet immediately. Do not wait. This can be fatal within hours.

1. Emergency Contacts

Fill these in now so anyone can act fast. Keep this sheet visible.

Contact	Name	Phone	Address / Notes
Owner
Backup contact
Regular exotic vet
Emergency / after-hours exotic vet
Pet sitter

2. Current Diet & Medications

So a sitter or vet can keep things consistent.

Item	Details
Hay (type, always available)
Pellets (brand & amount)
Greens & treats
Current medications & doses
Known conditions / allergies
Litter & box location

3. GI Stasis Action Plan

If the rabbit stops eating and pooping, follow these steps and call the vet first.

Step	What To Do
1. Call the vet	Phone the exotic or emergency vet immediately and describe the symptoms
2. Check warmth	If the rabbit feels cold, gently warm it (wrapped warm pack) on the way to care
3. Tempt with food	Offer favorite greens and fresh hay; never force water into the mouth
4. Do not medicate blindly	Give gut or pain meds only as directed by the vet
5. Transport calmly	Use a secure carrier with hay; bring this sheet and medication list

4. Special Instructions

Handling notes, hiding spots, bonded partner, or anything a sitter must know.

Post this sheet where it is easy to find. In an emergency, getting to a rabbit-savvy exotic vet quickly is what saves lives.

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2. Monthly Wellness Grid (Jul to Dec)

Continue the same nose-to-tail check through the second half of the year.

Check	Jul	Aug	Sep	Oct	Nov	Dec
Weight
Body condition (1 to 5)
Teeth / drooling / wet chin
Eyes (clear, no discharge)
Nose (dry, quiet breathing)
Ears (clean, no wax / mites)
Nails (length, none curling)
Fur / molt / mats
Bottom clean / sore hocks check
Behavior / energy
Appetite / poop output

3. Concerns to Raise With the Vet

Anything flagged above, the month it appeared, and whether it improved.

Monthly home checks do not replace annual or twice-yearly exotic vet exams. Overgrown teeth, sore hocks, and weight loss are common rabbit problems best caught early. Report anything unusual to your vet.

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