

Weight Management Plan

Clinic		Date	
Owner		Horse	
Current Weight (kg)		Weigh tape demonstration	
Current Body Condition Score	Ideal BCS 2.5-3/5	Body Condition Score demonstration	
Current Management History			
Supplementary feed		Details	
Forage			
Soaking		If yes, how long for	
Weighed		Total daily intake	
Feeding strategy			
Grazing access	Time restricted		Area restricted
Exercise level			
Metabolism management	Rugged		Clipped
Any other known medical conditions			
Owner concerns			

Management Recommendations

Recommended total daily forage intake at 1.5% bodyweight (weight in kg):

The following areas are all important in creating a balanced approach to weight management. Tackling all five areas at once can be overwhelming so focussing your energies on the sections selected below should help you to get started. Follow up consultations are encouraged to evaluate progress and adjust the management plan accordingly.

	Feeding: Stop all hard feed including chaff: feed a low calorie balancer only
	Forage: Weigh nets. Only feed if standing in >4hrs. Soak hay. Mix 70:30 with washed oat straw. Slow eating time (trickle / double nets/ free hanging)
	Grazing: Restrict access (time/area); track/alternative systems; muzzling; co-grazing
	Exercise: Increase frequency per week and duration +/- intensity per session
	Metabolism: Clip out. Remove thermal rugging. Pharmaceuticals may be recommended