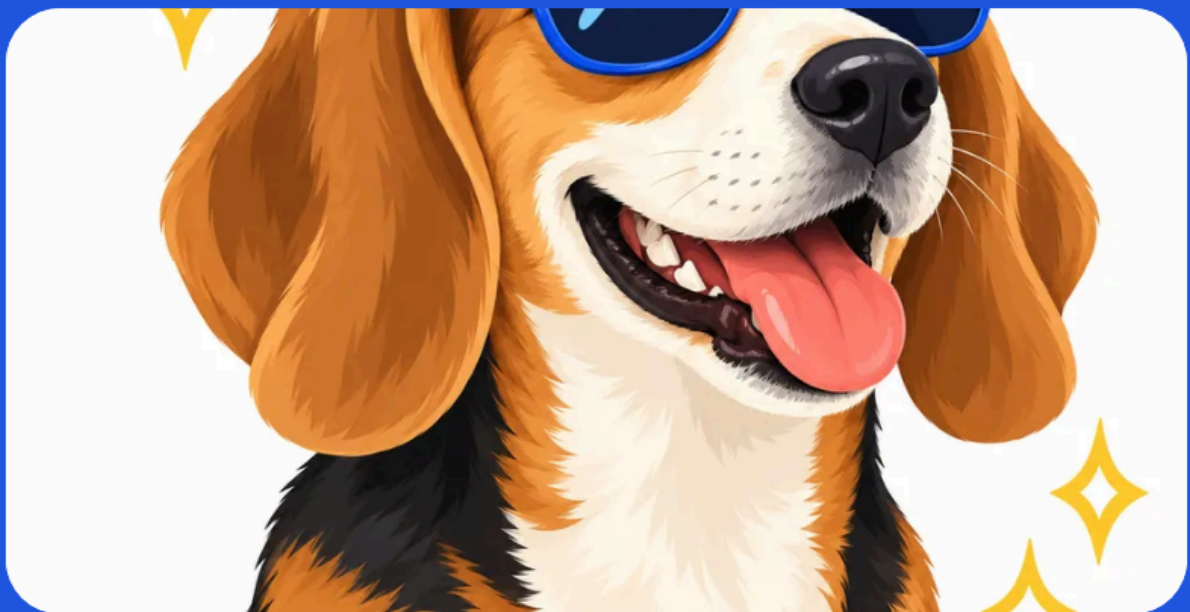


woofs

FREE GUIDE

The 90-Day Calm-Skin Dog Plan

Daily chew routine · Day 0 photo log · month-by-month
what to expect · bath-day guide



For Woofs pet parents

₱499 value

Your Woofs is on the way

Each tub holds 30 soft salmon-flavour chews. Each chew has 6 billion good bacteria. Your dog takes it like a treat. No powder. No mixing. Start the plan today, before the rider comes.

1

We pack and ship your order.

Inside: a white tub with a blue lid. The label says "Probiotic Chew".

2

The rider texts or calls you.

Keep your phone on. Have the cash ready. The amount is in your order confirmation. You pay when the parcel is in your hands.

3

Day 1 is the day it arrives.

Give the first chew that day, like a treat. Start with half the dose (see Tool 2).

Do these 3 things today

- 1. Take your Day 0 photos.** Take 4 photos: paws, ears, belly, back. Use the same spot and the same light. You will compare them on Day 30, 60 and 90.
- 2. Fill in your Day 0 Itch Score.** It is on the next page. It takes 2 minutes.
- 3. Pick your chew time.** Pick one time you never miss. After the morning walk works for most dogs. Same time, every day.

What is inside

#	Tool	What it does for you
1	Day 0 Itch Score	Your starting number, so you can see change
2	Dose Card	How many chews for your dog's size
3	The 90-Day Map	What to look for, month by month
4	12-Week Score Log	One line a week. Takes 1 minute
5	1-Minute Daily Check	Paws, ears, belly, every day
6	Bath-Day Guide	How to bath without drying the skin
7	90-Day Streak Calendar	Tick a box each day you give the chew
8	Trips, Grooming and Vet Card	What to do when the routine changes

TOOL 1

Day 0 Itch Score

Score each line 0, 1 or 2. Add them up. The total is out of 10. Do it again every week in Tool 4.

What you check	0	1	2	Score
Scratching	Rarely	A few times a day	Many times an hour	
Paw licking or chewing	No	Sometimes	Every day, for a long time	
Ears	Clean, no smell	A little smell or wax	Strong smell, head shaking	
Skin	Calm, normal colour	A few red spots	Red patches or dark skin	
Sleep	Sleeps through the night	Wakes once to scratch	Wakes many times	
Day 0 total (out of 10)				

Write today's date here: _____

TOOL 2

Dose Card

Your dog's weight	Chews a day	One tub lasts	2 tubs last	3 tubs last
Under 5 kg	1 chew	30 days	60 days	90 days
5 to 17 kg	1 chew	30 days	60 days	90 days
18 to 35 kg	2 chews	15 days	30 days	45 days
36 kg and up	3 chews	10 days	20 days	30 days

Start slow. For the first 3 days, give half the amount. Then give the full amount. A slow start helps the tummy get used to it.

Give it like a treat. Hand it over after the walk or after a "sit". No need to mix it into food.

Big dog? You can split the chews. Give half in the morning and half at night.

TOOL 3

The 90-Day Map

Skin changes slowly. New skin takes weeks to grow. That is why this plan is 90 days, not 9.

When	What to do	What to look for
Days 1 to 3	Half dose. Same time every day.	Poop may be a little softer for a few days. This is common as the gut adjusts.
Days 4 to 14	Full dose. Do the 1-Minute Daily Check.	Steady, firm poop. Less gas.
Days 15 to 30	Keep going. Score again on Day 30. Retake your 4 photos.	Compare your Day 30 score with Day 0.
Month 2	Keep going. Do not skip days.	Less scratching and licking. Calmer ears.
Month 3	Keep going. Score and photos on Day 90.	Softer coat. Calmer skin. Better sleep.

The one rule: do not skip days

The good bacteria need a steady supply. Missing days slows things down. Use the Streak Calendar in Tool 7.

TOOL 4

12-Week Score Log

Once a week, same day. Score the 5 lines from Tool 1. Write the total.

Week	Date	Score /10	Photos?	Notes (food change, bath, vet visit)
Day 0			☐	
1				
2				
3				
4 (Day 30)			☐	
5				
6				
7				
8 (Day 60)			☐	
9				
10				
11				
12 (Day 90)			☐	

TOOL 5

The 1-Minute Daily Check

Do it when you give the chew. Your dog gets a treat. You get a quick look.

Paws (20 seconds)

- Spread the toes. Look between them.
- Red skin? Brown stains from licking?
- Wet or damp? Dry it with a towel.

Ears (20 seconds)

- Look inside. Pink and clean is good.
- Smell. A sour or cheesy smell is a sign to watch.
- Dark wax? Write it in your notes.

Belly and armpits (20 seconds)

Look for red spots, dark patches, or greasy skin. These spots are warm and damp, so trouble often starts here.

TOOL 6

Bath-Day Guide

How often: about once every 1 to 2 weeks. If your vet gives you a bath plan, follow it. Too many baths can dry the skin and make itching worse.

Use dog shampoo only. Human shampoo is made for human skin and can dry a dog's skin.

Lukewarm water. Not hot. Hot water dries the skin.

Rinse well. Leftover shampoo can itch. Rinse until the water runs clear.

Dry fully. Towel dry, then check the damp spots: between the toes, skin folds, armpits and ears. Damp skin is where yeast grows.

Rainy season: dry the paws after every walk, not just on bath day.

90-Day Streak Calendar

Tick a box every day you give the chew. Try not to break the streak.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90

Tip: when your last tub is half empty, order the next one. Then you never miss a day.

TOOL 8

Trips, Grooming and Vet Card

Going on a trip

- Pack the tub, or count the chews into a small zip bag.
- Leaving your dog with family? Write the dose on a note and stick it on the tub.

Grooming day

- Ask the groomer to dry fully, between the toes and inside the ear flaps.
- Give the chew as usual that day.

Food change

Changing your dog's food? Write it in your Score Log notes. Switch slowly over 7 days, so the tummy does not get upset.

See your vet right away if you see:

- Open sores, bleeding, or skin that oozes
- Bald patches that keep getting bigger
- A swollen ear, a tilted head, or pain when you touch the ear
- A strong smell or pus from the ear, or head shaking that does not stop
- Your dog will not eat, or seems weak or sick
- Vomiting or diarrhea for more than 1 day, or blood in the poop
- Itching that gets worse, not better, after a few weeks

Woofs is a food supplement for dogs. It is not a medicine. It does not replace your vet. You can give Woofs alongside your vet's care. Ask your vet if your dog takes medicine.

Day 90: your next step

Do your Day 90 score and photos. Put your Day 0 and Day 90 photos side by side. The gut needs good bacteria every day, not just for 90 days. Keep the chew as a daily habit and keep the streak going.