

Mouse & Rat Health Checklist

A fillable checklist for PSNZ pet sitters — common signs of illness to watch for while pet sitting

Pet's name:

Breed:

Sitter:

Date checked:

How to use this checklist: go through each section during your visit. Tick the box if everything looks normal, and use the notes column to record anything unusual.

Teeth & Eating

What to check	Looks OK?	Notes
Overgrown, uneven, or misaligned front teeth	☐ Yes ☐ No	
Excess drooling, or rubbing at the mouth with the feet	☐ Yes ☐ No	
Difficulty chewing, or reluctance to eat hard food	☐ Yes ☐ No	

Mobility & Balance

What to check	Looks OK?	Notes
Restricted or unusual movement	☐ Yes ☐ No	
Circling, head tilt, or loss of balance	☐ Yes ☐ No	
Weak-looking hind legs	☐ Yes ☐ No	

Eyes, Ears & Breathing

What to check	Looks OK?	Notes
Discharge from the eyes, ears, or nose	☐ Yes ☐ No	
Scratching at the ears	☐ Yes ☐ No	
Sneezing or noisy/difficult breathing	☐ Yes ☐ No	
Dull or discharge-affected eyes	☐ Yes ☐ No	

Digestion

What to check	Looks OK?	Notes
Diarrhoea, or soft/mushy faeces	☐ Yes ☐ No	
Faeces stuck to the fur around the tail area	☐ Yes ☐ No	

Skin & Coat

What to check	Looks OK?	Notes
Flaking, redness, or bald patches on the skin	☐ Yes ☐ No	
Excessive scratching or scabs from scratching	☐ Yes ☐ No	
Dull coat, or noticeable hair loss	☐ Yes ☐ No	

Appetite, Energy & Weight

What to check	Looks OK?	Notes
Not eating or drinking	☐ Yes ☐ No	
Lack of energy or lethargy	☐ Yes ☐ No	
Unexplained weight loss	☐ Yes ☐ No	

Lumps & Injuries

What to check	Looks OK?	Notes
Any new lump, bump, or swelling	☐ Yes ☐ No	
Any new injury	☐ Yes ☐ No	

General notes