Golden Retriever care sheet

Breed facts with their sources, your dog's details, the dates your vet sets, and a six-week grooming and exercise log.

The breed facts describe Golden Retrievers as a breed, not your dog. Vet visits and vaccinations: write in the dates as your vet sets them.

Your dog

Name

Date of birth

Microchip number

Vet and phone

Breed facts

Fact	Golden Retriever	Source
Life expectancy	10–12 years	AKC
Senior from	9 years The last 25% of the upper AKC estimate (AAHA 2019)	AAHA
Puppy until	12 months Life stages of the Pettify care plan	Pettify
Adult weight	29.5–34 kg for males and 24.9–29.5 kg for females	AKC
Height at the shoulder	58–61 cm (male), 55–57 cm (female)	AKC
Exercise	More than 2 hours per day	RKC
Grooming	More than once a week	RKC
Coat	Medium coat; sheds	RKC
Energy level	3 out of 5 (1 = Couch Potato, 5 = High Energy)	AKC

Sources, checked 2026-10-23:

AKC: American Kennel Club, Golden Retriever breed page, akc.org/dog-breeds/golden-retriever
RKC: The Royal Kennel Club, Golden Retriever, royalkennelclub.com/search/breeds-a-to-z/breeds/gundog/retriever-golden
AAHA: 2019 AAHA Canine Life Stage Guidelines (2019), doi.org/10.5326/JAAHA-MS-6999
Pettify: life stages of the app's care plan, built from breed and birth date

Vet visits and vaccinations

Visit or vaccination	Date	Next due, as your vet sets it	Notes

Pettify pettifyapp.com

Pettify builds a care plan from your dog's breed and birth date, with the source behind every task, and adjusts it at each life stage.

Owner's personal record. Breed facts name their source; vet visit and vaccination dates are the ones your vet sets.

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Name _____

Grooming and exercise log

The RKC lines for the breed: grooming more than once a week, exercise more than 2 hours a day. Write the minutes of walks and play each day, and tick the days the coat was brushed.

Exercise: minutes of walks and play

Week of	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total	Walks, play, training

Brushing

Week of	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Bath, nails or groomer
	☐	☐	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	☐	☐	
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Notes

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