# Shih Tzu 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 Shih Tzus 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 | Shih Tzu | Source |
|---|---|---|
| **Life expectancy** | 10–18 years | AKC |
| **Senior from** | 13 years 6 months<br>The last 25% of the upper AKC estimate (AAHA 2019) | AAHA |
| **Puppy until** | 9 months<br>Life stages of the Pettify care plan | Pettify |
| **Adult weight** | 9–16 lb (4.1–7.3 kg) | AKC |
| **Height at the shoulder** | 9–10.5 inches<br>Metric: 23–27 cm | AKC |
| **Exercise** | Up to 1 hour per day | RKC |
| **Grooming** | Every day | RKC |
| **Coat** | Long coat; does not shed | RKC |
| **Energy level** | 3 out of 5 (1 = Couch Potato, 5 = High Energy) | AKC |

**Sources, checked 2026-10-23:**

AKC: American Kennel Club, Shih Tzu breed page, akc.org/dog-breeds/shih-tzu
RKC: The Royal Kennel Club, Shih Tzu, royalkennelclub.com/search/breeds-a-to-z/breeds/utility/shih-tzu
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 |
|---|---|---|---|
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**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 every day, exercise up to 1 hour 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 |
|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | |
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**Brushing**

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

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