



**off road  
paws**  
trail running, hiking & pet-sitting

## 7-Day Winter Enrichment & Safety Log

Veterinary-informed movement, enrichment, and cold-weather safety for dogs

### Daily Winter Activity Tracker

Log both physical activity and mental enrichment to support joint health, behavior, and overall wellness during winter.

Date	Physical Activity (e.g., Stair Sprints).	Mental Game (e.g., Sniffari)	Mood / Energy Level

### Winter Safety Quick-Ref: The Veterinary Red Zone

- 32°F (0°C) — Increased frostbite risk (paws, ears, tail)
- 98°F (36.7°C) — Hypothermia threshold (body temperature below safe range)

### The 15-Minute Rule

15 minutes of structured brain games can equal up to a 1-hour walk.

Mental enrichment helps reduce anxiety, boredom, and destructive behavior when outdoor activity is limited.

### Professional Green Light: When to Stop & Call a Pro

Stop activity and consult a veterinary professional or certified canine fitness specialist if you notice:

- Stiff or limping gait
- Heavy or labored panting indoors
- Reluctance to move or jump
- Persistent shivering
- Sudden behavior or energy changes

### Next Step: Get a Custom Plan

Visit Off Road Paws and complete the [Dog Fitness Questionnaire](#) to receive a personalized, safety-first winter fitness plan for your dog.

OffRoadPaws offers insured Dog Hiking and Fitness Run programs designed for busy Broomfield professionals. We handle the safety, fitness, and fun—so you can come home to a happy, tired dog.

[OffRoadPaws.com](http://OffRoadPaws.com)

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