



My Hamster's Complete Care and Health Organizer



Owner & Vet Information

Owner Information
Full Name:
Address:
Phone Number:
Email Address:
Emergency Contact:

Veterinarian Information
Veterinarian's Name:
Clinic Address:
Clinic Phone Number:
Veterinarian's Email:
Emergency After-Hours Contact:
Vet's Specialization:
Insurance Information*:

* If you have pet health insurance for your hamster, include details such as the policy number, coverage, and contact information for the insurance provider.

Notes:



Hamster Profile

Name: _____

Basic Information

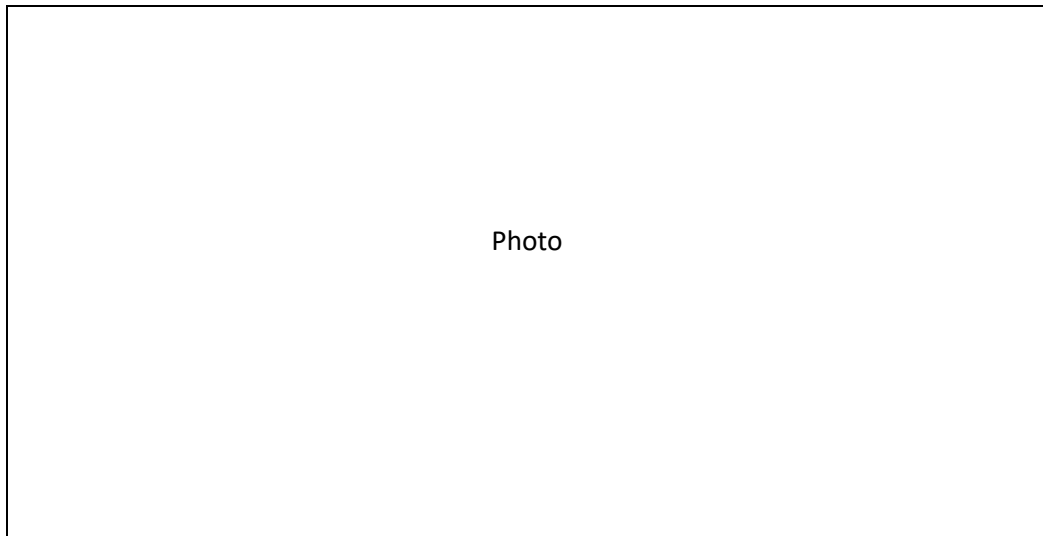
Date of Birth:	Gender
Breed:	Species:
Adopted from:	Adoption date:

Traits

Type of Fur:	Fur Color:
Special/ Color markings:	Eye Color:
Temperament:	
Likes:	
Dislikes:	

Medical

Length/Height	Weight:
Allergies:	Spayed/Neutered (Yes/No):
Medical issues:	



Notes:



Weight Chart

Name: _____

Date of Birth: _____ Breed: _____

Date	Age (in weeks)	Weight (grams /oz)	Underweight /Normal/ Overweight

You can use our **Hamster Health Calculator** to determine whether your hamster is underweight, within a healthy range, or overweight. Please note that our Hamster Health Calculator is intended for adult hamsters aged 8 weeks and above.



Notes:



Hamster Medical Journal

Hamster's Name:	
Veterinarian Information:	
Name:	Phone:
Address:	
Emergency Contact:	
Next Appointment (date/time):	

Medication Name	Dosage	Frequency	Start Date	End Date	Time*

* e.g., Morning or evening

Route of Admin. **	Special Instructions	Reason for Medication

** e.g., oral, topical, injection

Storage Information

Notes

Medication Schedule						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
()	()	()	()	()	()	()
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Remember to keep the medication tracker easily accessible and up-to-date. Regularly monitor your hamster's health and consult your veterinarian if you have any concerns or questions about the medication regimen



Safe Foods for Hamsters

Grains

Hamster Pellets	High-quality hamster pellets are specifically formulated to meet their dietary needs
Oats	Plain, dry oats are a good source of fiber
Barley	Provides variety in their diet
Whole Wheat	Small amounts can be given
Brown Rice	A small amount can be provided as a treat

Vegetables

Carrots	A favorite of many hamsters, but in moderation due to sugar content
Broccoli	Rich in vitamins and fiber
Cucumbers	A hydrating treat
Bell Peppers	High in vitamin C and crunchy.
Zucchini	A mild, hydrating vegetable
Peas	Cooked, plain peas are appreciated
Spinach	In moderation due to oxalates

Fruits

Apples	Remove seeds and core, and offer in small, bite-sized pieces
Bananas	A small slice is a sweet treat
Blueberries	High in antioxidants
Strawberries	Provide vitamin C
Raspberries	A small amount can be given occasionally
Pears	Remove seeds and core, and offer in moderation

Foods to Avoid

Citrus Fruits	Avoid oranges, lemons, and other citrus fruits as they are too acidic for hamsters
Avocado	Contains substances that can be toxic to hamsters
Grapes	Can be a choking hazard and contain high sugar levels
Cherries	The pits can be toxic, and they're also a choking hazard
Sugary or Salty Foods	Avoid sugary treats, candies, and salty snacks, as they can harm your hamster's health
Onions and Garlic	These can be toxic to hamsters and should be avoided
Almonds and Other Nuts	High in fat and can be a choking hazard
Chocolate	Extremely toxic to hamsters

Always introduce new foods gradually to see how your hamster reacts, and remove any uneaten perishable foods from the cage to prevent spoilage. Additionally, provide fresh water daily, as hamsters need to stay hydrated. Keep in mind that individual hamsters may have different preferences, so pay attention to what your hamster enjoys and adjust their diet accordingly. Check out our **Hamster Food Recommender**.

