



Scout's Paw Print

German Shepherd · Neutered male · 6.0 years · 78 lb · June 9, 2026



0.7 years younger than his calendar age of 6.0

Range 4.7 to 5.9 · Evidence Confidence Strong

What matters most His hips and his ears: a warm-up before every hike, dry ears after every swim, and a hip check at his October visit.

The 0.7-year difference describes how his body is aging today. It is not extra time promised.

WHAT IS HELPING

- About 90 minutes of walks, runs and training every day
- Lean: 78 lb, body condition 5 of 9
- Bloodwork in range at his April 2026 checkup

WHAT IS RAISING IT

- Stiff for a few minutes after long hikes, slower to rise on cold mornings
- Two ear infections in the past year, both after lake swims

WHAT IS MISSING

- No hip check for the stiffness yet

Next lever Five easy minutes before every hike, and dry ears after every swim. \$0.

1 Your Dog Today

The whole dog, read together.

Scout is aging a little more slowly than his calendar. His daily exercise, his lean frame and his normal bloodwork are doing real work. Two things pull his number up: stiffness after long hikes, which in a German Shepherd puts his hips first in line, and ear infections that start after swims. Both have free first steps. The open question is whether the stiffness is early hip trouble, which a hands-on check at his October visit can answer.

Illustrative score opportunity: with his ears clear and his stiffness eased, his biological age could read about 5.1 at his next check. It describes how his body is aging, never a promise of extra time.

WHAT THIS PAW PRINT USED

- Vet records from his April 2026 checkup, with bloodwork
- Your answers about his food, treats, exercise, ears and home

Kept with his record Two photos of Scout, from above and from the side. They do not change his score today.

Scout is a real German Shepherd. This report is a sample written to show what a Paw Print does: its values are illustrative, not his results.

2 Nutrition and Feeding

Same food, same amount, served as two meals.

CHANGE Feed two meals instead of one

Why He eats his whole day's food in one sitting, right after his evening run. German Shepherds are deep-chested, a build with a higher risk of bloat, and one big meal after hard exercise is the pattern to avoid.

Do this Feed his 4 cups as two meals of 2 cups, morning and evening, measured with the same cup. Give him an hour after a run before dinner, and an hour after dinner before hard play.

Watch for A swollen belly, retching with nothing coming up, or pacing after a meal is an emergency: go to the nearest emergency vet now.

\$0: the same food and the same amount

KEEP Keep his current large-breed food. It lists chicken first, suits a large active adult and already carries glucosamine. We don't see a reason to switch to chase a trend. **Same food: \$78 a month**

KEEP Keep his training treats. Small treats, part of his daily training, and at his lean weight they fit. **\$8 a month, as you pay now**

WHAT HIS PLAN COSTS

Food, treats and supplements you told us you buy. Prescribed prevention is not counted.

EACH MONTH	TODAY	WITH THE PLAN
Large-breed adult food	\$78	\$78
Training treats	\$8	\$8
Glucosamine chew	\$28	\$0
Fish oil	\$16	\$16
Total	\$130 a month	\$102 a month

\$28 a month less than today, with the duplicate chew dropped.

The \$0 plan

Two meals, warm-ups, dry ears and a hike log: the biggest levers for his score.

Nothing extra

Recommended

Drops the joint chew his food already covers and keeps the fish oil.

\$28 a month less

Fuller

Adds hip X-rays if the October check finds pain.

On his clinic's quote

3 Movement, Routine and Home Life

His exercise is working. Protect his hips and ears around it.

ADD Five easy minutes before hikes and runs

Why He is stiff for a few minutes after long hikes, so starting cold and fast is the hardest moment of his day for his hips.

Do this Walk him slowly for five minutes before he runs or climbs, and end long hikes with five easy minutes too.

\$0

ADD Dry his ears after every swim

Why Both of his ear infections this year started after lake swims, and water left in the ear canal is a common trigger.

Do this Towel the outer ear after each swim, then use the ear cleaner his vet already gave you once the ear is dry.

Watch for Head shaking, a smell or redness for more than two days means an ear check.

\$0, with the cleaner you already have

KEEP **Keep his daily runs, training and weekend hikes.** About 90 minutes a day of exercise is the strongest thing working for his score, and it keeps him lean. **\$0**

4 Medicines, Supplements and Prevention

One thing he is getting twice, one worth keeping.

SKIP Stop reordering the separate glucosamine chew

Why His food already carries glucosamine, and for joint pain omega-3s have stronger evidence than glucosamine (AAHA 2022). The chew pays for the same job twice.

Do this Finish the open bag, then don't reorder.

Saves \$28 a month

KEEP **Keep his fish oil, which states EPA and DHA.** For joint pain, omega-3s have more supporting evidence than other supplements (AAHA 2022). **\$16 a month, as you pay now**

KEEP **Heartworm, flea and tick prevention as prescribed.** You told us both are current. **No change**

WHERE HIS SCORE COMES FROM

Musculoskeletal (Domain 7.7)

RAISING

Stiff for a few minutes after long hikes and slower to rise on cold mornings. No hip check for it yet.

Dermatologic (Domain 7.8)

RAISING

Two ear infections in the past year, both after lake swims, both cleared with drops.

Body Composition (Domain 7.6)

HELPING

78 lb and body condition 5 of 9 at his April 2026 visit: lean for his frame.

Hepatobiliary (Domain 7.1)

HELPING

Liver values in range on his April 2026 bloodwork.

5 Dogs Like Yours PREVIEW

What the research on German Shepherds means for Scout.

In UK veterinary records, ear infections (otitis externa) and osteoarthritis were the two most common problems recorded in German Shepherds, musculoskeletal disorders were the most common cause of death, and the median lifespan was 10.3 years.

For Scout Scout's two open questions are exactly these: his ears after swims and his stiffness after hikes. That is why his plan starts there.

The limit A picture of the breed in UK clinics, not a forecast for one dog.

Source: [O'Neill et al., Canine Genetics and Epidemiology, 2017](#)

German Shepherds are one of five breeds in which a SOD1 gene variant was linked to degenerative myelopathy, an adult-onset disease of the spinal cord.

For Scout A DNA test can show whether Scout carries the variant. His plan today does not depend on knowing, so the test sits in Advanced as useful later.

The limit Carrying the variant is a risk, not a diagnosis, and Scout has not been tested.

Source: [Awano et al., PNAS, 2009](#)

6 Tests and Care That Matter

One check worth asking for, one test that can wait.

ASK A hands-on hip check at his October checkup

Purpose Find out whether his stiffness after long hikes is early hip trouble.

When At his annual visit in October. No separate trip unless one of the signs below appears.

What to ask "Please check his hips for pain and range of motion, and tell me whether his stiffness after long hikes looks like early hip trouble."

Bring His hike log and a 20-second video of him getting up after a long hike.

What changes the plan If the check finds hip pain, his vet may suggest X-rays or a pain-relief trial. If not, the plan stays warm-ups and fish oil.

Part of the visit you already book. X-rays only if advised, on his clinic's quote.

Go sooner if He limps for more than two days, cries out getting up, or scuffs or drags a hind paw: see his vet within two days.

SKIP A repeat blood panel before October

Why His April bloodwork was in range. Repeating it now would change nothing in this plan.

Skipping it saves a separate visit.

7 Advanced Longevity

Frontier options, placed for Scout.

WORTH IT NOW

Nothing today

No frontier option earns this lane for Scout right now. That is the point.

WORTH DISCUSSING

A preventive stomach tack (gastropexy)

Deep-chested breeds like his carry a higher bloat risk. Ask at the October visit whether a preventive tack fits him; two meals a day comes first.

USEFUL LATER

Degenerative myelopathy DNA test

German Shepherds are one of the breeds where the gene variant behind it was found. A result would not change his plan today.

Revisit when If he starts to scuff or drag a hind paw.

WATCH

Longevity drugs in development

LOY-002 is in FDA development, not approved (Loyal, January 2026 update). If one is approved, his Paw Print checks whether he fits its label.

Revisit when An approval, and a label he fits.

NOT NEEDED

Methylation age test

Cool science, wrong timing: it would not change a decision for a six-year-old Shepherd whose plan is hips, ears and meals.

8 Worth It or Hype?

The trends you asked about, answered for Scout.

CBD chews for stiffness

Not yet

We'd keep the money in the fish oil he already takes, which has stronger evidence for joint pain (AAHA 2022). Revisit if the October check finds hip trouble.

Grain-free food for his ears

Hype for Scout

His ear infections follow swims, not meals. Grain-free is not a fix for ears or joints, so there is no reason to switch.

Sources: [O'Neill et al., Canine Genetics and Epidemiology, 2017 \(PubMed\)](#); [Awano et al., PNAS, 2009 \(PubMed\)](#); [2022 AAHA Pain Management Guidelines for Dogs and Cats](#); [Loyal, LOY-002 FDA milestone update, January 2026](#).

→ Your Next 90 Days

Week 1

Start the plan

Serve his 4 cups as two meals of 2 cups. Dinner an hour after his run. Dry his ears after every swim. Finish the joint chew bag and don't reorder.

Week 2

Add the joint steps

Five easy minutes before every hike and run. Keep the fish oil at the label's dose. Start a hike log: minutes stiff afterwards.

Week 4

First check-in

Ears: clean, no smell, no head shaking. Note how long he is stiff after a hike.

Still stiff for more than 5 minutes? Shorten the next two hikes.

Week 8

Second check-in

Weigh him: 78 lb is his steady weight. Retake the two photos.

Day 90

Re-check

Count ear infections since the plan began. Time his stiffness after a hike.

Ears clear and stiffness easing: keep going. Another ear infection: ask about allergies at the October visit.

October

Annual visit

Hip check. Bring the hike log and the getting-up video. Confirm the fish oil dose.

→ See what changed. Know what to do next.

Step tracking for a Paw Print's planned steps is live today. Check-ins, photo progress and re-scores are a preview of Access, which is not yet for sale.

5 of 7 planned steps done

Hike log: keep it going. Hip check: October visit.

AVAILABLE NOW

Score history

Jun 9, 2026: 5.3 (Paw Print baseline, calendar age 6.0). Sep 7, 2026: 5.1 (Re-score after 90 days, calendar age 6.2).

His ears stayed clear for 90 days and his stiffness after hikes eased, so the score moved.

PREVIEW

Check-ins PREVIEW

Week 4, Jul 7, 2026: 78.4 lb Ears clean after four swims. Stiff for about 5 minutes after hikes. Plan holds.

Week 8, Aug 4, 2026: 78.0 lb Warm-ups in. Nothing new to score yet, so the score holds.

Day 90, Sep 7, 2026: 78.2 lb No ear infection in 90 days. Stiff for about a minute after hikes.

Next checkpoint: October 2026 Annual visit: the hip check. Bring the hike log and the getting-up video.