



YOUR VETICA REPORT · SAMPLE

Bailey's three weeks

PLAN STARTED

Mar 3, 2026

PLAN ENDS

Mar 23, 2026

STATUS

Complete

WEIGHT

41.0 lb

AGE AT PLAN START

4 years

BREED

Labrador mix

WHAT WE FOUND

Bailey's signs quietened while the item was out, and picked up again when it came back.

That pattern — better on removal, busier on reintroduction — is the one veterinarians look for when they investigate food. It is worth showing to yours rather than acting on alone.

Based on 8 of 8 check-ins · 1 with a logged slip in the diet.

WHAT CHANGED AT HOME

Baseline (day 1)

1 of 1 check-ins logged

3.0 signs / day

One thing removed (days 4-13)

4 of 4 check-ins logged

1.3 signs / day

Put back, one item (days 16-19)

2 of 2 check-ins logged

2.5 signs / day

Most often noted

Loose stool	5 check-ins
Scratching or licking	4 check-ins
Ear irritation	2 check-ins
Low energy	1 check-in

FOOD CHANGES DIARY

Dated food changes you logged alongside your check-ins — removed ingredients and treats, brand or formula switches, and anything you put back.

Removed an ingredient — chicken

Mar 3, 2026

Swapped to a single-protein fish food only.

Removed a treat or chew — dental sticks

Mar 3, 2026

Told everyone at home: no extras.

Switched the whole brand — Harborline (fish & potato)

Mar 5, 2026

Reintroduced an item — a treat from a visitor

Mar 12, 2026

Not planned. Loose stool the next morning.

Reintroduced an item — chicken (original food)

Mar 18, 2026

Put the original food back to see what follows.

Switched the formula or protein — back to fish & potato

Mar 22, 2026

Itching had returned, so we stopped the reintroduction.

TEST RESULTS

DATE	TEST	RESULT
Mar 3, 2026	Inflammation Check	Marker found
Mar 3, 2026	Gluten Response	Marker not found
Mar 16, 2026	Inflammation Check	Marker not found
Mar 23, 2026	Inflammation Check	Marker found

WHAT TO ASK YOUR VETERINARIAN

Bring this page to your next appointment. A dated record of what you tried and what followed is more useful to a veterinarian than a description from memory.

1. Bailey showed loose stool on several days — does that pattern fit a food-related cause, or something else?
2. Is a longer or stricter elimination trial worth doing, and how would you run it?

3. Should anything else be ruled out before we keep changing food?
4. Is the diet we settled on complete enough to stay on?

RECORD OF THE THREE WEEKS

Day 1 Mar 3, 2026 Noticed: Loose stool, scratching or licking, ear irritation Diet: Plan food only Test: Marker found Your note: Started the plan. Bailey scratched a lot after dinner.	3 signs
Day 4 Mar 6, 2026 Noticed: Loose stool, scratching or licking Diet: Plan food only	2 signs
Day 7 Mar 9, 2026 Noticed: Scratching or licking Diet: Plan food only Your note: Stool firmer than last week.	1 sign
Day 10 Mar 12, 2026 Noticed: Loose stool Diet: A treat from a visitor	1 sign
Day 13 Mar 15, 2026 Noticed: Scratching or licking Diet: Plan food only Your note: Calmer at night.	1 sign
Day 16 Mar 18, 2026 Noticed: Loose stool, low energy Diet: Plan food only Test: Marker not found Your note: Put the original food back today.	2 signs
Day 19 Mar 21, 2026 Noticed: Loose stool, scratching or licking, ear irritation Diet: Plan food only Your note: Itching is back to where we started.	3 signs

Day 21 Mar 23, 2026

2 signs

Noticed: Loose stool, scratching or licking

Diet: Plan food only

Test: Marker found

Your note: Booked a vet appointment with this report.

WHAT THIS REPORT DOESN'T COVER

- These at-home tests look for single markers. They don't identify which specific ingredient is involved.
- Parasites, infection, medication and unrelated conditions are not covered here.
- Signs were recorded by you at home, not measured in a clinic.

Vetica is a way to keep track at home and a simple first step. It doesn't replace your veterinarian, and nothing here is a diagnosis.

This is a sample report built from fictional data to show what your own report looks like after a 21-day plan in the Vetica app.
