

# 🌟 The Ultimate Golden Mom Checklist

## Make Every Day Golden with Your Fur Baby

Being a Golden Mom isn't just a title — it's a lifestyle. Whether you're a new dog mama or a seasoned golden retriever lover, this checklist is designed to help you build a deeper bond, stay organized, and celebrate the joy your golden brings to your life every day.

Use this printable to create routines, capture memories, and make your golden's days just as special as they make yours. ✨🐾

### ✅ Daily Essentials

- ☐ Fresh water and high-quality meals
  - ☐ Morning walk or playtime
  - ☐ Brushing & coat check
  - ☐ Golden belly rubs and cuddles
  - ☐ 15–20 min enrichment (training, puzzles, fetch)
- (Visit [goldenmomlife.com/store](https://goldenmomlife.com/store) for more ideas)

### ✅ Weekly Golden Moments

- ☐ Park day or outdoor adventure
- ☐ Grooming: ears, paws, nails
- ☐ Wash or wipe down toys
- ☐ Capture a cute photo/video moment
- ☐ Quality time just for the two of you (no distractions!)

### ✅ Monthly Must-Dos

- ☐ Flea/tick prevention
  - ☐ Bath time and brush-out
  - ☐ Check supplies - treats, food, meds
- (Visit [goldenmomlife.com/store](https://goldenmomlife.com/store))
- ☐ Vet or wellness check-in
  - ☐ Donate or recycle old toys & gear

### ✅ Golden Mom Self-Care

- ☐ Set aside 30 minutes just for YOU
  - ☐ Share a fun memory on your socials (tag @golden.mom.life)
  - ☐ Connect with other golden moms online
- (Visit [goldenmomlife.com/community](https://goldenmomlife.com/community))
- ☐ Journal or reflect on a special moment with your dog
- (Visit [goldenmomlife.com/journal](https://goldenmomlife.com/journal))



## Memory Makers

- ☐ Take a paw print keepsake
- ☐ Update your pup's photo album
- ☐ Plan a mini "gotcha day" celebration
- ☐ Write a note to your golden for the future



## From One Golden Mom to Another...

Every golden day is made up of the little things — a wagging tail, a shared cuddle, a quiet moment in the sun. This checklist is more than a to-do list; it's a celebration of the bond you share with your golden. So whether you're checking off your pup's daily wins, or planning your next golden adventure, remember this: **You're not just raising a dog. You're raising joy, loyalty, and unconditional love.** Here's to the belly rubs, muddy paws, endless fetch sessions, and those soft golden eyes that speak right to your soul. 🧡

Stay golden,  
The GoldenMomLife Team  
#LivingThatGoldenMomLife