

WHAT DOGS LIKE PRINTABLE RESOURCE

Harness Fit Checklist

Use this checklist during the first indoor fitting and again after a short walk. Fit matters more than clip count, color, or weight ranges.

Dog name _____ Chest girth _____ Harness size _____ Date checked _____

Before fitting

- Measure chest girth behind the front legs.
- Compare with the current brand size chart.
- Check neck opening and chest strap layout.
- Confirm hardware is not too heavy.

Indoor fit

- Straps are snug, not tight.
- Armpits have clear space from straps.
- Buckles do not press sensitive areas.
- Harness stays centered when standing.

Short walk check

- Shoulders move naturally from the side.
- Harness does not rotate under leash pressure.
- Dog does not shorten stride or resist movement.
- Leash ring position stays stable.

After walk

- No red marks or flattened rubbed fur.
- No rubbing behind front legs.
- Straps did not loosen or slip.
- Puppy growth or coat changes are noted.

Fit-risk notes:

Keep, exchange, adjust, or return:

This checklist supports gear fit only. It is not training, veterinary, or professional behavior advice. Stop and seek qualified help if the dog panics, slips gear, shows pain, or cannot be safely managed.

More guidance: whatdogslike.com/resource-library/harness-fit-checklist/ and whatdogslike.com/dog-harness-fit-guide/