



Golden Retriever Care Sheet

A quick reference guide for keeping your Golden Retriever happy, healthy, and well-groomed.

Quick Facts

Trait	Details
Size	Large (25–34 kg)
Height	51–61 cm at the shoulder
Lifespan	10–12 years
Coat	Medium to long, dense, water-repellent double coat
Temperament	Friendly, loyal, intelligent
Best For	Families, therapy work, active owners
Exercise Needs	1–2 hours daily

Golden Retriever Care Essentials

Training & Socialisation: Eager to please and intelligent. Start early with positive reinforcement and consistent socialisation.

Exercise: 1–2 hours daily including walks, swimming, and play. Mental stimulation is essential.

Grooming: Brush 2–3 times weekly (daily during shedding season). Bathe every 6–8 weeks. Check ears regularly.

Health: Prone to hip/elbow dysplasia, cancer, and eye conditions. Choose breeders who health test.

Diet: Balanced, high-quality food. Adults: 2 meals/day. Avoid overfeeding to prevent obesity.

Family Suitability: Gentle, patient, and affectionate — great for families and active households.

Max's Comment: "Always smiling, always wagging, and always finding the muddiest puddle in the park."