



Quality of Life Tracker

A two-week record, for when you're trying to see the pattern rather than the day.

When you're living it, every day feels like evidence. A good afternoon and you think you've been panicking over nothing. A bad night and you think you've left it too long. Both feelings are honest, and neither is the whole picture.

This is a simple way to write down what you're already noticing, so that after two weeks you can look at a page instead of trying to hold it all in your head. Most families find the picture clearer on paper than in memory.

How to use it

- Fill it in once a day, at about the same time. Evening usually works best.
- It takes two minutes. If you miss a day, leave it blank and carry on — the gaps are information too.
- There's no score to reach and no threshold that decides anything. You're looking for direction: is this holding steady, or drifting?
- Take it to your vet. It gives them something concrete, and it saves you trying to summarise three weeks of worry in a ten-minute appointment.

A note on what this is

This is a psychoeducational tool to help you observe and record. It is not a clinical assessment, not a diagnosis, and not veterinary medical advice. Decisions about your animal's care belong with you and your veterinarian.

Your animal

Name

Dates covered

Before you start

The things they love

Before you track anything, write down three to five things your animal loves.

Not general things — *their* things. The specific greeting at the door. The spot in the sun at four o'clock. Rolling in the grass. Sitting on the stairs to watch the street. Chewing one particular toy into ruin.

- 1

- 2

- 3

- 4

- 5

Come back to this page at the end of the two weeks

For many families, this is the page that answers the question — not the grid. When most of these things have gone, and haven't come back, that tells you something the daily notes don't.

What I'm watching for

Anything specific to your animal — the thing you'd notice that nobody else would.

And how are you?

Most quality of life tools ask only about the animal. But you are the one lifting them, medicating them, sleeping lightly, and carrying the worry. That matters, and it belongs in the picture too. Note anything that's changing for you — sleep, work, cost, the other people in the house, how much you have left in the tank.

The daily record

Two weeks

☒
like themselves

☐
~
not quite right

☐
X
a struggle today

Leave blank for days you miss.

Week one	M	T	W	T	F	S	S	Week two	M	T	W	T	F	S	S
Comfort free of pain, as far as you can tell															
Eating & drinking interest, not just intake															
Getting about rising, stairs, slipping, tiring															
Toileting able to manage it, accidents, dignity															
Interest in you, in food, in what's happening															
Rest settled sleep, or restless and pacing															
Their things could they do any from your list															
Today was good · mixed · hard															

One line about today

What was different. You'll look back on these.

- 1
2
3
4
5
6
7

- 8
9
10
11
12
13
14

After two weeks

Reading it back

Sit down with the whole thing.

Count the days

How many good, how many mixed, how many hard? Most families find “*are there still more good days than hard ones?*” a more honest question than any score. And then the one that follows it: **is that ratio changing?**

Good days

Hard days

Look at the direction, not the dip

A bad Tuesday after a long walk on Monday is a bad Tuesday. Four hard days in a row that never quite recover is a direction.

Go back to page two

How many of their things can they still do? How many have quietly stopped, without anyone deciding anything?

Read your own notes

People often find they’d already written the answer down a week before they were ready to read it.

Call your vet today, not next week, if you see:

- Laboured or open-mouthed breathing, or breathing that doesn’t settle at rest
- Pain that their medication isn’t touching
- A seizure, a collapse, or an inability to stand
- Not eating or drinking at all for a day
- Distress that you can’t settle

This list isn’t exhaustive and it isn’t a diagnosis. If something worries you, or just doesn’t seem right, that on its own is reason enough to call.

If you’d like to talk it through

You don’t have to work this out alone, and you don’t have to be at a crisis point to ask. A conversation about what you’re seeing is often the most useful thing — before a decision, rather than after.

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