

Quality-of-Life Checklist & Daily Journal

A gentle tool to help you understand how your beloved companion is doing

If you are wondering how your pet is truly doing, this worksheet can help. Score each area honestly, from 0 (very poor) to 10 (very good). There are no wrong answers — only your loving, careful observation. Use it once, or revisit it over time to see how things are changing.

Part 1 — The Quality-of-Life Scale

What to look at	Gentle question	Score 0–10
Pain & Comfort	Is pain well controlled? (0 = severe pain · 10 = fully comfortable)	
Appetite	Is your pet eating willingly and enough?	
Hydration	Is your pet drinking and staying hydrated?	
Hygiene	Can your pet stay clean and dry (not soiling themselves)?	
Happiness	Does your pet show interest, joy, and connection with you?	
Mobility	Can your pet get up and move around comfortably?	
More Good Days	Over the past week, are there more good days than hard ones?	
TOTAL	Add all seven scores together (out of 70).	/70

What your total may suggest:

55–70: Quality of life appears good. Keep loving them and watching gently.

35–54: Quality of life may be slipping. This is a good time to talk with your vet about comfort and next steps.

Below 35: Quality of life is likely poor. A gentle, loving conversation about saying goodbye may be appropriate — and we are here for it.

These ranges are a guide, not a verdict. Every pet is different — trust what you see, and let us help you make sense of it.

Part 2 — Two-Week Daily Journal

Some days are good and some are hard, and it can be difficult to see the pattern from inside the worry. Each day, simply mark whether it was a good day or a hard one, and jot a note. After two weeks, look back: when hard days begin to outnumber good ones, the journal often gently says what the heart already suspects.

Date	Today was...	Notes (appetite, comfort, mood, anything you noticed)
	<input type="radio"/> Good <input type="radio"/> Hard	
	<input type="radio"/> Good <input type="radio"/> Hard	
	<input type="radio"/> Good <input type="radio"/> Hard	
	<input type="radio"/> Good <input type="radio"/> Hard	
	<input type="radio"/> Good <input type="radio"/> Hard	
	<input type="radio"/> Good <input type="radio"/> Hard	
	<input type="radio"/> Good <input type="radio"/> Hard	
	<input type="radio"/> Good <input type="radio"/> Hard	
	<input type="radio"/> Good <input type="radio"/> Hard	
	<input type="radio"/> Good <input type="radio"/> Hard	
	<input type="radio"/> Good <input type="radio"/> Hard	
	<input type="radio"/> Good <input type="radio"/> Hard	
	<input type="radio"/> Good <input type="radio"/> Hard	
	<input type="radio"/> Good <input type="radio"/> Hard	
	<input type="radio"/> Good <input type="radio"/> Hard	
	<input type="radio"/> Good <input type="radio"/> Hard	

A Few Gentle Questions

- Does your pet still enjoy the things that once brought them joy — food, greetings, a favorite walk or sunny window?
- Can they move, rest, eat, drink, and relieve themselves with comfort and dignity?
- Are they free from pain — and from the restlessness or anxiety pain can bring?
- Do they still seem like “themselves”?

Whenever you're ready to talk it through — even if you're only beginning to wonder — **call Dr. Bennett at (510) 640-7097. No pressure, no judgment — only support.**