

Good Days vs. Bad Days

A simple quality-of-life tracking calendar for your pet

Why use this? When you see your pet every day, gradual changes can be difficult to notice. Tracking each day can help make patterns easier to see. There is no universal number of good or bad days that determines when it is time—this is simply a tool to help you observe changes and have a clearer conversation with your veterinarian.

Pet's name: _____	Month / dates: _____
Caregiver: _____	Veterinarian: _____

How to use the calendar

Each evening, choose one: mark **GOOD** if your pet was generally comfortable, engaged, and able to enjoy the things that matter to them. Mark **BAD** if pain, distress, or loss of function made the day noticeably difficult. Add a brief note if helpful. Try not to overthink the individual day—the pattern over time is what matters.

GOOD DAY	BAD DAY
Comfortable or reasonably comfortable Interested in family or surroundings Able to enjoy some favorite activities Able to rest and settle	Pain or distress is difficult to control Unable to get comfortable or settle Unable to do important daily activities Marked difficulty breathing, moving, eating, eliminating, or staying clean

Date	Day	GOOD	BAD	What did I notice?
1	_____	■	■	_____
2	_____	■	■	_____
3	_____	■	■	_____
4	_____	■	■	_____
5	_____	■	■	_____
6	_____	■	■	_____
7	_____	■	■	_____
8	_____	■	■	_____
9	_____	■	■	_____
10	_____	■	■	_____
11	_____	■	■	_____
12	_____	■	■	_____
13	_____	■	■	_____
14	_____	■	■	_____
15	_____	■	■	_____
16	_____	■	■	_____
17	_____	■	■	_____
18	_____	■	■	_____
19	_____	■	■	_____
20	_____	■	■	_____
21	_____	■	■	_____
22	_____	■	■	_____
23	_____	■	■	_____
24	_____	■	■	_____
25	_____	■	■	_____
26	_____	■	■	_____

27	_____	■	■	_____
28	_____	■	■	_____
29	_____	■	■	_____
30	_____	■	■	_____
31	_____	■	■	_____

Looking back at the pattern

Good days: _____	Bad days: _____
Are bad days becoming more frequent? Yes ■ No ■ Unsure ■	Has something important changed? Yes ■ No ■
What matters most to my pet right now? _____	
What am I most concerned about? _____	

Remember: A single bad day does not necessarily mean it is time, and a good day does not erase an ongoing concern. A serious problem such as uncontrolled pain or difficulty breathing deserves prompt veterinary attention regardless of the calendar. Bring this worksheet to your veterinarian if you are unsure what the pattern means.