



Diary of Good/ Bad Days

Keep daily updates on whether your dog has a good or bad day.

A bad day, for example, could entail refusal to go for a walk, tiring easily, more difficulty in rising from laying...while a good day could entail the opposite, enthusiasm to move, ease in rising, more active.

It is also a good idea to write a brief description of the activity for that day, to see if there are any correlations.

If you see there are more bad days than good, inform your vet, they may refer your dog for physiotherapy or if you are already attending physio, they may adapt your routine.

| Month: | | | | | | |
|--------|----|----|----|----|----|----|
| 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 | | | | |

This diary is an objective assessment of your dogs' general quality of life. It should not be used to replace any veterinary advice or intervention.