GOOD / OK / DIFFICULT DAYS TRACKER

A gentle monthly view of your pets comfort and well-being.

Pet's name: _____ Month/Year: _____

Good
Comfortable, engaged, and enjoying meaningful parts of the day.

Ok
Some challenges, but still experiencing comfort, connection, or enjoyment.

Difficult
Discomfort, distress, or significant difficulty affected much of the day.

Number the boxes for the days of the month. Each day, mark G, O, or D based on how the day felt overall. Add a brief note if something stood out.

Looking Back at This Month

Good days: _____ OK days: _____ Difficult days: _____

What patterns, changes, or questions do you want to discuss with your vet or support team?