

Dr. Cory's Quality of Life Calendar

A simple way to notice patterns in comfort, connection, and day-to-day quality of life.

Month: _____

Year: _____

Daily mark: G = Good / comfortable M = Mixed D = Difficult

1 G M D Notes:	2 G M D Notes:	3 G M D Notes:	4 G M D Notes:	5 G M D Notes:	6 G M D Notes:	7 G M D Notes:
8 G M D Notes:	9 G M D Notes:	10 G M D Notes:	11 G M D Notes:	12 G M D Notes:	13 G M D Notes:	14 G M D Notes:
15 G M D Notes:	16 G M D Notes:	17 G M D Notes:	18 G M D Notes:	19 G M D Notes:	20 G M D Notes:	21 G M D Notes:
22 G M D Notes:	23 G M D Notes:	24 G M D Notes:	25 G M D Notes:	26 G M D Notes:	27 G M D Notes:	28 G M D Notes:
29 G M D Notes:	30 G M D Notes:	31 G M D Notes:				

End-of-month reflection Good days: _____ Mixed days: _____ Difficult days: _____

Look for trends, not one isolated day.

This calendar is a reflection tool and does not replace veterinary evaluation. Seek urgent care for severe breathing difficulty, collapse, uncontrolled pain, or acute distress.

How to Use the Calendar

A few minutes each day can make gradual changes easier to recognize.

Each day, ask yourself:

Comfort

Can my pet rest comfortably? Are pain, panting, pacing, or restlessness controlled?

Eating & drinking

Are they eating and drinking willingly enough for their condition?

Breathing

Is breathing easy and comfortable at rest?

Mobility

Can they stand, walk, reposition, and reach food, water, or the litter box with manageable help?

Hygiene & elimination

Can they stay reasonably clean and eliminate without significant distress?

Connection

Do they still seek affection, respond to family, or show interest in their surroundings?

Enjoyment

Can they still enjoy some of the things that have always mattered to them?

Mark the overall day

G - Good / comfortable

Comfort and connection were generally preserved.

M - Mixed

There were both meaningful moments and notable challenges.

D - Difficult

Discomfort, distress, or loss of function affected much of the day.

What matters most is the pattern

One good meal, a tail wag, or a bright afternoon still matters - but it should be considered alongside the rest of the day. Over time, ask whether comfortable days are still outnumbering difficult ones, and whether your pet's version of a 'good day' has changed.

Consider a veterinary quality-of-life discussion if you notice:

- More difficult days than comfortable days
- Pain or anxiety that is harder to control
- Meaningful decline in breathing, mobility, appetite, sleep, or interaction
- Loss of most favorite activities or sources of enjoyment

Dr. Cory's Guiding Light - Compassionate End-of-Life Support

This tool is intended to support thoughtful conversations with your veterinarian and is not a diagnostic or emergency triage tool.