



PET EMERGENCY PLANNER • RESOURCE 1 OF 5

Quality-of-Life Scoring Worksheet

A gentle, structured guide to help you track
your pet's good days and hard days

*"You know your pet better than anyone.
This worksheet helps you put that love into words."*

How to Use This Worksheet

This tool is not about finding a "right" answer — it's about helping you see your pet clearly on the days when love makes it hard to look. Score each category honestly, total the numbers, and use the guide to understand what you're seeing. Do this weekly, or on days that feel particularly hard or particularly good.

For each category, write the number that best reflects your pet's experience *over the past few days*. Use **1 = significant struggle** and **5 = doing well**.

1 — Eating & Drinking	
Description	Score
Refusing all food and water; shows no interest	1
Barely eating; requires significant coaxing or syringe feeding	2
Eating/drinking inconsistently; some interest but noticeably reduced	3
Eating and drinking most of the time with mild encouragement	4
Eating and drinking normally; good appetite and interest in food	5

My score for Eating & Drinking: _____ Date: _____

2 — Mobility & Physical Comfort	
Description	Score
Unable to stand, walk, or reposition; requires full assistance	1
Very limited movement; falls, stumbles, or cries when trying to move	2
Can move with difficulty; slow or unsteady but manages short distances	3
Moves reasonably well; some stiffness but gets around	4
Moves freely and comfortably; no significant limitations	5

My score for Mobility: _____ Date: _____

3 — Pain & Distress Levels

Description	Score
Constant signs of pain: crying, panting, trembling, or won't settle	1
Frequent pain indicators; medication provides minimal relief	2
Pain present but manageable; some comfortable periods with medication	3
Mostly comfortable; occasional brief signs of discomfort	4
Appears comfortable and at ease; no visible pain indicators	5

My score for Pain & Distress: _____ Date: _____

**4 — Hygiene & Dignity**

Description	Score
Consistently soiling themselves; unable to groom; skin issues developing	1
Frequent accidents; matted coat; difficulty maintaining any cleanliness	2
Occasional accidents; some grooming happens; manageable with assistance	3
Mostly maintains hygiene; rare accidents; fairly clean and comfortable	4
Clean and dignified; grooming or being groomed without distress	5

My score for Hygiene & Dignity: _____ Date: _____

5 — Happiness & Emotional Well-Being

Description	Score
Withdrawn, unresponsive, or showing signs of depression or constant anxiety	1
Mostly disengaged; dull expression; rarely responds to familiar voices	2
Some moments of connection; responds occasionally to voice or touch	3
Often engaged; shows recognition; occasional joy or contentment	4
Alert, present, and visibly happy; tail wags, purrs, or seeks affection	5

My score for Happiness: _____ Date: _____

6 — Engagement & Interest in Life

Description	Score
No interest in surroundings, play, people, or pets; completely withdrawn	1
Minimal awareness; rarely notices activity in the room	2
Some awareness; watches the room; responds to name or familiar sounds	3
Notices things; shows interest in mild activities and short interactions	4
Curious and engaged; interested in toys, walks, or family activity	5

My score for Engagement: _____ Date: _____

Calculate Your Total Score

Eating & Drinking: _____ Hygiene & Dignity: _____

Mobility & Comfort: _____ Happiness: _____

Pain & Distress: _____ Engagement: _____

TOTAL SCORE_____
out of 30



Understanding Your Score

22-30

Good Quality of Life

Your pet has more good days than hard ones. Continue monitoring and treasure this time together.

13-21

Caution — Watch Closely

A meaningful decline is present. This is a good time to discuss comfort care options with Dr. Dixon.

6-12

Significant Concern

Your pet may be suffering more than they are at peace. Please reach out — you don't have to face this alone.

Remember: A single score is just a snapshot. The *trend over time* matters most. If scores drop consistently over 1-2 weeks, that pattern is meaningful even when individual days look okay. Bring this worksheet to your consultation with Dr. Dixon.

Weekly Tracking Log

Record your pet's weekly scores below. Fill in the date at the top of each column.

Category	Week 1 ____/____/____	Week 2 ____/____/____	Week 3 ____/____/____	Week 4 ____/____/____	Week 5 ____/____/____	Week 6 ____/____/____
Eat ing & Drinking						
Mobilit y & Comfort						
Pain & Dist ress						
Hygiene & Dignit y						
Happiness						
Engagement						
T OT AL (/ 30)						
Good / Bad Days						

Notes & Observations

Record specific symptoms, behavior changes, or things you want to share with Dr. Dixon:

Ready to talk? We're here for you.

Schedule a consultation with Dr. Dixon — at-home, compassionate end-of-life care.

(704) 274-2999

shayshayvet.com/schedule-appointment