



# Daily Observation Diary

A weekly record of how your pet is doing · one page per week

**PETSLIKEMINE**  
ARTHRITIS & MSK SPACE

<b>PET NAME</b>	<b>WEEK BEGINNING</b>	<b>CURRENT TREATMENTS</b>
_____	_____	_____

### THINGS TO WATCH FOR THIS WEEK

Three or four specific things that matter for your pet. For example: stairs, jumping in the car, greeting at the door, litter tray entry, grooming the lower back, first 60 seconds of a walk.

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DAY	PAIN 0 none · 1 minimal · 2 mild · 3 moderate · 4 significant · 5 severe	ACTIVITY & MOBILITY walks, stairs, willingness to move	MOOD & ENGAGEMENT interaction, appetite, demeanour	NOTABLE EVENTS flares, weather, changes, treatments
<b>Mon</b> _____ DATE	(0) (1) (2) (3) (4) (5)			
<b>Tue</b> _____ DATE	(0) (1) (2) (3) (4) (5)			
<b>Wed</b> _____ DATE	(0) (1) (2) (3) (4) (5)			
<b>Thu</b> _____ DATE	(0) (1) (2) (3) (4) (5)			
<b>Fri</b> _____ DATE	(0) (1) (2) (3) (4) (5)			
<b>Sat</b> _____ DATE	(0) (1) (2) (3) (4) (5)			
<b>Sun</b> _____ DATE	(0) (1) (2) (3) (4) (5)			

**WEEKLY SUMMARY**

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**COMPARED TO LAST WEEK**

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**How to use.** Spend a minute at the end of each day filling in one row. Draw a line through your chosen pain number (0–5). Keep activity, mood, and notes brief — a few words is plenty. At the end of the week, write a short summary and note whether things are better, worse, or the same as the week before.

**BRING THIS WITH YOU TO YOUR NEXT VET APPOINTMENT**