



Daily Diary and Quality of Life Scale for Cats

This guide is designed to help you monitor and evaluate the quality of life of your pet. The goal of this daily diary and scale is to shed light on a difficult decision, “How will I know when it is time?”.

There is never the perfect moment to make this decision, but this period of time can range from days, to weeks, to months. This time can be very subjective and this scale and diary along with veterinary guidance, allows you to be able to continually keep track of your pet’s quality of life.

Mobility

- 0 Has normal mobility, plays and has no trouble getting to the litterbox and food.**
- 1 Normal ability to run, jump, and do normal activities is decreased by 50% Has trouble getting to the food and litterbox.**
- 2 Barely mobile, does not go to the litterbox or food**

Hygiene

- 0 Grooming themselves normal. Very little matts and no open wounds**
- 1 Not grooming as often, has some matts or soiled fur**
- 2 No longer grooming themselves at all, lots of matts or wounds.**

Hydration

- 0 Drinking normally**
- 1 Reduced or excessive water intake (depending on particular diseases)**
- 2 Requiring intravenous (IV) or subcutaneous (SQ) fluids**

Nutrition

- 0 Eating normally, no loss of appetite**
- 1 Decreased appetite, offering more varieties of food, feeding by hand**
- 2 Complete loss of appetite**

Happiness/attitude

- 0 No changes in attitude, normal interactions with family/other pets**
- 1 Decreased interactions with family/other pets, lethargic**
- 2 Hiding, no interactions with family/other pets, loss of interest in favorite activities**

Anxiety/discomfort

- 0 No outward signs of discomfort or anxiety. Breathing is normal, no pacing, or restlessness.**
- 1 Some increased breathing, more pacing, more difficulty getting comfortable**
- 2 Completely restless, won’t sleep through the night, labored breathing, increased vocalization**

