



Senior Dog Health Journal

♥ Every dog ages. Every aging dog deserves dignity. ♥

Dog's Name: _____

How to Use:

♥ Track Daily or as needed

♥ Use scales to rate pain and mobility

♥ Note any changes: good or bad

♥ Bring to your next vet appointment

Date	Pain Level	Mobility Level	Activity Level	Notes

Pain Grade

1	- Breathes normally - Eyes are bright and alert - Enjoys being touched - Normal wagging tail
2	- Slightly slower to rise or settle - Occasional stiffness after rest - Eats and greets normally - Tail wags but less enthusiastically
3	- Limping or stiffness - Hesitates on stairs - Less tolerant of touch - Softer tail wag.
4	- Reluctant to move - Flinches when touched - Restless - Panting at rest.
5	- Won't move or bear weight - Cries Refuses touch - Vacant eyes Needs vet now

Mobility Grade

1	- Walks, runs, and climbs stairs with ease - Meets you at the door with tail wagging
2	- Slightly slower or stiff after rest, but keeps up fine - Still meets you at the door for walks when called
3	- Noticeable limping or hesitation with stairs/jumping - Needs more time
4	- Struggles to rise - Needs help with stairs - Short walks only
5	- Can't walk without support - Or can't bear weight - Needs mobility aids or vet care

Activity Grade

1	- Playful - Energetic - Seeks out activity
2	- Slightly less playful - Still enjoys walks and interaction
3	- Naps more - Takes shorter walks - Needs encouragement to engage
4	- Mostly rests - Little interest in play - Brief low-energy activity only
5	- Sleeps most of the day - Little to no interest in activity or surroundings