

## Weekly Pain & Mobility Log

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### How to Use This Tracker:

1. **Observe Consistently:** Fill out this sheet once a week, preferably on the same day and at the same time (e.g., every Sunday morning). Stiffness is often most noticeable after a period of rest.
  2. **Use the Scoring System:** For each activity, rate your dog's ability on a scale of 1 to 5. Be as objective as possible.
  3. **Take Notes:** The "Notes" section is crucial. Use it to mention anything relevant, such as "Seemed stiffer after a long walk yesterday," "Started a new joint supplement," or "Weather was very cold and damp."
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### Weekly Tracking Sheet

Week of: \_\_\_\_\_

Activity / Symptom to Observe    Score (1-5)    Notes (e.g., time of day, specific struggles)

**Getting Up from Lying Down**

**Walking / General Gait**

**Climbing Stairs**

**Jumping (onto couch/into car)**

**Willingness to Play or Walk**

**General Mood / Behavior**

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### Scoring Key

Use this guide to rate each of the activities listed above.

- **1 = Excellent:** No visible stiffness or sign of pain. Moves with ease.
- **2 = Mild:** Slight stiffness or hesitation that quickly disappears with movement.

- **3 = Moderate:** Noticeable stiffness, limping, or slowness. Reluctant to perform the activity.
  - **4 = Severe:** Significant difficulty performing the activity. Obvious limping and signs of pain.
  - **5 = Very Severe:** Unable or unwilling to perform the activity at all. May cry out in pain.
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### **When to Call Your Veterinarian**

This tracker is a tool for monitoring, not a substitute for professional medical advice. Please contact your vet immediately if you observe:

- A sudden and dramatic negative change in mobility.
- Crying out in pain when moving or being touched.
- Inability to get up or support their own weight.
- Dragging one or more limbs.
- A complete loss of appetite alongside worsening mobility.



**Golden Paws  
Care**