



Quality-of-Life Tracking Sheet

Turn 'is he still happy?' into a trend you can see. The HHHHHMM domains, scored over time

PETSLIKEMINE
CANCER & TUMOURS

PET NAME _____	VET PRACTICE _____	TRACKING SINCE (DATE) _____
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"Is he still enjoying life?" is the kindest question you can ask, and the hardest, because you can't always tell from inside the day you're living. When change is slow we adapt to it without noticing, and one bad day can panic us. Scoring the same few things on a regular rhythm turns the guess into a *trend* you can actually see. Track the line, not one bad day. This sheet pairs with the quality-of-life assessment, and either way the point is the same: keep the focus on how your pet is really experiencing their days.

THE SEVEN THINGS TO LOOK AT (THE HHHHHMM DOMAINS)

Score each one out of 10, where 10 is as good as it gets. They come from the widely used quality-of-life scale developed by the veterinary oncologist Dr Alice Villalobos.

- Hurt: is pain well controlled, and can your pet breathe comfortably? (this one comes first)
- Hunger: are they eating enough, willingly, without nausea?
- Hydration: are they drinking, or getting the fluids they need?
- Hygiene: can they stay clean and comfortable, no soiling or sores?
- Happiness: do they still show interest and enjoy what they've always loved?
- Mobility: can they move around enough to do what they want, with help if needed?
- More good days than bad: when the good clearly outnumber the bad, quality of life is holding

READ THE LINE, NOT THE DOT

Don't agonise over a single low score. Step back and ask which way the line has been heading over the last week or two. A steady line is real reassurance; a gently sliding one is an early, gentle heads-up rather than a sudden cliff-edge, and it tells you and your vet exactly which domain to look at. A weekly check suits a stable pet; move to every couple of days if things are changing or you've just started a new treatment.

WEEKLY SCORE LOG

DATE	HURT	HUNGER	HYDRATION	HYGIENE	HAPPY	MOBILITY	TOTAL	GOOD DAY?
_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____

WHAT STILL LIGHTS MY PET UP / WHAT'S QUIETLY DROPPED AWAY

WHEN TO TALK TO YOUR VET

- The trend is sliding over a couple of weeks, not just one off day
- A score is dropping on one thing (often appetite or pain): some of that is fixable
- The bad days are starting to outnumber the good
- You're unsure: a shared score is far easier to act on than "he seems a bit off"

Written and reviewed by Dr Alastair Greenway MRCVS and Claire Greenway BVM&S MRCVS. This sheet explains and records. It does not diagnose or prescribe. Always follow your own vet's instructions.

How to use. Score the same domains on a regular rhythm and watch the trend, not one bad day. A sliding line is the signal to talk to your vet, and a fair, kind basis for any decision. A wellbeing aid, not a substitute for veterinary advice.

TRACK THE TREND, NOT ONE BAD DAY