

The Good Day / Bad Day Tracker

Feelings are loud, and they make it hard to see clearly. At the end of each day, mark it good, mixed, or bad, with one short note about why. After two weeks, look back at the pattern, not any single hard morning.

G = a good day **M** = a mixed day **B** = a bad day Dog's name: _____

DAY	MARK ONE	ONE LINE ON WHY
Day 1	<input type="radio"/> G <input type="radio"/> M <input type="radio"/> B	
Day 2	<input type="radio"/> G <input type="radio"/> M <input type="radio"/> B	
Day 3	<input type="radio"/> G <input type="radio"/> M <input type="radio"/> B	
Day 4	<input type="radio"/> G <input type="radio"/> M <input type="radio"/> B	
Day 5	<input type="radio"/> G <input type="radio"/> M <input type="radio"/> B	
Day 6	<input type="radio"/> G <input type="radio"/> M <input type="radio"/> B	
Day 7	<input type="radio"/> G <input type="radio"/> M <input type="radio"/> B	
Day 8	<input type="radio"/> G <input type="radio"/> M <input type="radio"/> B	
Day 9	<input type="radio"/> G <input type="radio"/> M <input type="radio"/> B	
Day 10	<input type="radio"/> G <input type="radio"/> M <input type="radio"/> B	
Day 11	<input type="radio"/> G <input type="radio"/> M <input type="radio"/> B	
Day 12	<input type="radio"/> G <input type="radio"/> M <input type="radio"/> B	
Day 13	<input type="radio"/> G <input type="radio"/> M <input type="radio"/> B	
Day 14	<input type="radio"/> G <input type="radio"/> M <input type="radio"/> B	

A run of mostly good days means there is still life worth living and time to keep managing. A shift to mostly bad days that does not turn around, especially when anxiety, pain, sleeplessness, or distress cannot be eased, tells you more than any single hard morning. Bring this page to your veterinarian; it puts the decision where it belongs: the honest pattern of your dog's life.