

Daily Comfort Tracker for Pet Parents

Pet's Name: _____

Mo Tu We Th Fr Sa Su

**A gentle way to care for your furry (or feathery)
one—and yourself—one day at a time.**

How are they doing today?

Appetite	Great	Good	Okay	Not good	Awful
Energy Level	Great	Good	Okay	Not good	Awful
Mood/Behavior	Great	Good	Okay	Not good	Awful
Vomiting/Diarrhea	Great	Good	Okay	Not good	Awful
Ear/Eye Health	Great	Good	Okay	Not good	Awful
_____	Great	Good	Okay	Not good	Awful

Notes

A sweet moment I don't want to forget: _____

A small win we had today (no matter how tiny!): _____

Something new or unusual I noticed: _____

One thing I might try differently tomorrow: _____

How am I feeling today?

Hopeful Calm Hanging in there Overwhelmed Exhausted

One small way I can care for myself today:

☐ Drink or eat something yummy	☐ Read a page of comfort from a book	☐ Text a friend
☐ Lie down for 5 minutes	☐ Cuddle my sweet one	☐ Deep breathing exercises
☐ _____	☐ _____	☐ _____

A small joy I noticed in the midst of everything:

Something I handled better than I expected:

One thing that made my pet feel loved today:

A hope I'm holding for tomorrow:

