

Is It Time?

A Quality of Life Companion for Families
Hearts & Halos Photography · Nova Scotia's South Shore

This checklist is a gentle support tool — not a prescription. It helps you notice patterns over time and have more informed conversations with your veterinarian. There is no passing or failing score. You know your pet's heart better than anyone.

For each area, circle the number that best reflects your pet's experience **today**. Use a new copy weekly to track changes. Bring completed sheets to your vet appointment.

1 — Poor: significantly struggling 3 — Fair: some good, some hard 5 — Good: comfortable and like themselves

Category	What to observe	1	2	3	4	5
Appetite	Eating and drinking with interest and regularity	1	2	3	4	5
Pain & Comfort	Body language, vocalisation, facial tension	1	2	3	4	5
Mobility	Getting up, walking, balance, reaching food & water	1	2	3	4	5
Hygiene	Coat condition, continence, ability to stay clean	1	2	3	4	5
Breathing	Ease of breath, no laboured or distressing effort	1	2	3	4	5
Favourite Activities	Interest in walks, play, toys, or once-loved things	1	2	3	4	5
Social Engagement	Seeking connection — people, other pets, their world	1	2	3	4	5
Confusion & Awareness	Recognising family, responsiveness, orientation	1	2	3	4	5
Good Days vs Bad Days	Are the good moments outweighing the hard ones?	1	2	3	4	5

TODAY'S TOTAL (out of 45)

_____ / 45

Date: _____

Notes & Observations

"There is no right answer — only the most loving one you can give."

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Legacy, end-of-life & memorial photography · Nova Scotia's South Shore · This checklist is a companion tool and does not replace veterinary advice.