



























MONTH: *January*

1	2 	3  	4 	5	6	7    
8  	9  	10 	11 	12	13	14
15	16 	17 	18	19	20	21 
22  	23   	24  	25 	26	27	28
29	30 	31				

Symptom & Corresponding Colour:

1. Slow to rise from lying down
2. Stiff after getting up
3. Lame right front leg
4. Reduced appetite
5. No interest in exercise or walk

- *Choose a few symptoms of pain or discomfort that are specific to your pet. These are usually symptoms you have seen before, or that are commonly associated with pain*
- *Allocate a colour code to each individual symptom*
- *If you see a symptom, apply this colour to that day on the diary- some days may have more than one colour, some may have none!*
- *The more colourful your calendar is, the more symptoms your dog is showing. The colours will allow you to easily look back and remember what specific symptoms your dog was showing*
- *If you are having a particularly colourful day, or if one specific colour keeps showing up, try and remember what you did with your dog in recent days that may be exacerbating the issue eg. longer walk than usual, ball chasing etc. Sometimes keeping an exercise diary will help keep track of this for you*