

HHHHMM Tracker — 4 weeks

Score each axis 0–10 once a week, on the same day, in pen. The trend line matters more than the number. A total below 35 warrants the conversation. The lowest single axis usually matters more than the average.

AXIS	WK 1	WK 2	WK 3	WK 4
Hurt (pain)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Hunger	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Hydration	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Hygiene	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Happiness	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Mobility	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
More good than bad	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
TOTAL / 70	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Score weekly. Same day. Same time. Pen, not pencil.

THE RUBRIC

How to score each axis

A 10 means normal, healthy function for that animal. A 0 means severe distress or absence. Score honestly — the chart is for you and your vet, not a performance.

Hurt Pain, including breathing distress. 10 = comfortable, no analgesia. 0 = severe pain unrelieved by medication.

Hunger Eating willingly. 10 = eats normally without coaxing. 0 = refuses food; tube-feeding required.

Hydration Drinking, mucous membranes moist. 10 = drinks freely. 0 = severely dehydrated, IV needed.

Hygiene Clean, dry, sores absent. 10 = self-grooms, no soiling. 0 = sores, soiling, unable to self-clean.

Happiness Engagement, response to family. 10 = bright, social, interested. 0 = withdrawn, unresponsive.

Mobility Rising, walking, posture. 10 = moves freely without aids. 0 = cannot rise without help.

More good than bad Week-on-week ratio. 10 = most days good. 0 = bad days dominate.

Threshold: a total above 35 is generally considered acceptable. Below 35 warrants the conversation. But always look at the lowest axis — averaging hides the domain that is failing.

Read the full essay: gooddeath.in/blog/quality-of-life-scoring-hhhhhmm

