

Joint Mobility & Symptom Tracker

Arthritis changes slowly, week to week — which makes it genuinely hard to notice from memory alone whether a treatment is helping or your pet is quietly getting worse. Fill this in weekly, and bring it to your next vet visit. A specific 'better since we started the new supplement' or 'worse the week after the injection' is far more useful to a vet than 'I think they seem okay?'

About this tracker

The categories below are modeled loosely on real, clinically validated owner-assessment tools — the Canine Brief Pain Inventory (CBPI) for dogs and the Feline Musculoskeletal Pain Index (FMPI) for cats, both developed for veterinary research and practice. This tracker is a simplified, informal version for home use, not a replacement for either — if your vet wants to use the full validated version, ask them directly.

Getting started

- Pet's name: _____ Species: _____ Age: _____
- Current weight: _____
- Known diagnosis (if any): _____
- Current medication/supplement and start date: _____

If a new medication, supplement, or injection is starting alongside this tracker: note the start date above, and watch the first week especially closely. Report any new limping, weakness, or behavior change to your vet right away rather than waiting for the next scheduled visit.

What to watch for — dogs

- Overall activity level and enthusiasm for walks or play
- Getting up from lying down or sitting
- Walking gait — any limping, stiffness, or shortened stride
- Running or playing, if that's normally part of their routine
- Climbing stairs or jumping into the car
- General mood and enjoyment of daily life

What to watch for — cats

- Jumping up or down, or using furniture as steps instead
- Grooming — noticeably less than usual, especially the back half of the body
- Litter box use — hesitation, positioning, or missing the box
- Response to being petted or picked up in certain spots
- Overall activity level and time spent resting
- General mood and temperament

Not a diagnosis, and not the same as a formal vet exam — it's a memory aid for the conversation you'll have at your next visit. Full guidance on causes, home management, exercise, and treatment options: [frolicity's Mobility & Joint Health Center](#).

Week 1 — week of _____

Compared to last week, movement and comfort seem:

- ☐ Better
- ☐ About the same
- ☐ Worse

- New or unusual signs this week: _____
- Medication, dose change, or injection this week (if any): _____

Week 2 — week of _____

Compared to last week, movement and comfort seem:

- ☐ Better
- ☐ About the same
- ☐ Worse

- New or unusual signs this week: _____
- Medication, dose change, or injection this week (if any): _____

Week 3 — week of _____

Compared to last week, movement and comfort seem:

- ☐ Better
- ☐ About the same
- ☐ Worse

- New or unusual signs this week: _____
- Medication, dose change, or injection this week (if any): _____

Week 4 — week of _____

Compared to last week, movement and comfort seem:

- ☐ Better
- ☐ About the same
- ☐ Worse

- New or unusual signs this week: _____
 - Medication, dose change, or injection this week (if any): _____
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Week 5 — week of _____

Compared to last week, movement and comfort seem:

- ☐ Better
- ☐ About the same
- ☐ Worse

- New or unusual signs this week: _____
 - Medication, dose change, or injection this week (if any): _____
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Week 6 — week of _____

Compared to last week, movement and comfort seem:

- ☐ Better
- ☐ About the same
- ☐ Worse

- New or unusual signs this week: _____
 - Medication, dose change, or injection this week (if any): _____
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Week 7 — week of _____

Compared to last week, movement and comfort seem:

- ☐ Better
- ☐ About the same
- ☐ Worse

- New or unusual signs this week: _____
- Medication, dose change, or injection this week (if any): _____

Week 8 — week of _____

Compared to last week, movement and comfort seem:

- ☐ Better
- ☐ About the same
- ☐ Worse

- New or unusual signs this week: _____
- Medication, dose change, or injection this week (if any): _____

Need more weeks? Print another copy of this page range and keep going — there's no limit to how long a chronic condition is worth tracking.