



Quality of Life Scale

The HHHHHMM Scale · for dogs and cats

Score each area 0–10 (10 = best). A total above 35 of 70 generally suggests acceptable quality of life. The trend matters most.

Pet's name: _____

THE SEVEN FACTORS	Date: _____ Score 0–10	Date: _____ Score 0–10	Date: _____ Score 0–10	Date: _____ Score 0–10
Hurt Is pain well controlled? Is breathing easy and unlabored?				
Hunger Eating willingly? Hand-feeding counts; constant coaxing scores lower.				
Hydration Drinking normally? Skin between shoulder blades springs back quickly.				
Hygiene Able to stay clean? Cats: still grooming. Dogs: no sores, clean coat.				
Happiness Still engaged and responsive? Withdrawal and isolation score lower.				
Mobility Can get up and move with little or no help? Still wants to go?				
More good days than bad Over the last 1–2 weeks, do good days still outnumber bad?				
TOTAL (out of 70)				

Reading your scores

- Above 35: quality of life is generally acceptable. Keep monitoring, and re-score every week or two.
- A downward trend across dates matters more than any single total. Bring this sheet to your veterinarian.
- A very low score in any single area, especially Hurt, deserves attention now regardless of the total.

Zen Dog Veterinary Care

Gentle in-home pet euthanasia · NYC & Westchester
(917) 725-2755 · zendogvet.net/quality-of-life-scale

You are welcome to print and share this worksheet.

A reflection tool, not a diagnosis. Adapted from the HHHHHMM Quality of Life Scale, Villalobos, A., Canine and Feline Geriatric Oncology, 2007.