

Daily Activity Log



At the zoo we monitor the animals daily to make sure all their needs are being met. You can make your own tracker and note down things like:

- healthy diet with lots of variety
- exercise and chances to rest
- enrichment - things that make your day different and interesting
- opportunities for social interaction and solo time

Track your non-daily activities too like doctor or dentist visits.

Note your behavior and mood at different times and look for patterns.

Make sure you schedule in time for your favourite activities.



Daily Activity Log



Use the sample chart below or build your own. You can also track for your family pet or even try to observe an animal in the wild for a short period of time.

Species:

Individual:

Date	Time	Activity	Notes