

Your Fat Cat Log

FOOD

Today I fed my cat: _____

I chose to feed my cat — ad lib (or free feeding) or — fixed times

Name of food(s): _____

Total amount: _____ cups _____ cans

Number of snacks: _____

Water consumption: _____ oz.

Any additional food or snacks?

ACTIVITY

Number of play sessions: _____

Total duration of play sessions: _____

Toys: _____

Activity partners: _____

On a scale of 1 to 10, 10 being most active, my cat's activity level was: _____

TRAINING AND TRACKING

Tomorrow, in order to make my cat healthier, I plan to:

In a month, it would be great if my cat would:

My cat seems to really like:

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