

# Cat Wellness Checklist: For Cats Over 6 Months Old 🐱✅

This checklist provides a quick reference for maintaining your cat's health, happiness, and well-being. Use it to ensure you're covering all the essential aspects of care for your feline companion.

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## 1. Veterinary Care & Preventive Health 🩺

**Frequency:** Annually (or as recommended by your vet, especially for seniors or those with chronic conditions)

[ ] **Annual Veterinary Exam:** Full physical check-up.

[ ] **Vaccinations:** Up-to-date on core and non-core vaccines (e.g., Rabies, Feline Distemper, Feline Leukemia Virus if applicable) as recommended by your vet based on lifestyle.

[ ] **Parasite Prevention:** Administer year-round flea/tick and heartworm prevention (if recommended by vet for your area/lifestyle).

[ ] **Fecal Exam:** Check for intestinal parasites.

[ ] **Deworming:** Administer as recommended by vet.

[ ] **Dental Check-up:** Discuss professional cleaning needs with your vet (crucial for cats!).

[ ] **Weight Assessment:** Discuss ideal body condition and weight management with your vet.

[ ] **Spay/Neuter:** If not already done, discuss with your vet.

[ ] **Microchip Check:** Ensure microchip is registered and contact info is current.

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## 2. Nutrition 🍽️

**Frequency:** Daily

[ ] **High-Quality Cat Food:** Feed a complete and balanced diet appropriate for your cat's life stage (AAFCO compliant).

[ ] **Wet Food Inclusion:** Prioritize or include wet food for increased hydration.

[ ] **Portion Control:** Measure food accurately to maintain ideal weight.

[ ] **Consistent Feeding Schedule:** Feed 2-3 times daily.

[ ] **Treats in Moderation:** Give sparingly to avoid unbalancing diet or weight gain.

[ ] **Fresh Water:** Ensure constant access to clean, fresh water (consider multiple bowls, fountain).

[ ] **Avoid Harmful Foods:** No chocolate, grapes/raisins, onions, garlic, etc.

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### 3. Exercise & Physical Activity

**Frequency:** Daily

[ ] **Interactive Play Sessions:** Engage in multiple short (10-15 min) play sessions daily with wand toys, laser pointers (with a catch!), etc.

[ ] **Vertical Space:** Provide cat trees, shelves, or wall perches for climbing and observation.

[ ] **Puzzle Feeders:** Use food puzzles to encourage mental and physical engagement.

[ ] **"Hunting" Games:** Hide treats or toys for them to find.

[ ] **Supervised Outdoor Access (Optional):** If safe and desired, use a catio or leash/harness.

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### 4. Training & Mental Stimulation

**Frequency:** Ongoing

[ ] **Clean Litter Box:** Scoop daily; ensure easy access and preferred litter type.

[ ] **Multiple Litter Boxes:** Provide at least one litter box per cat plus one extra.

[ ] **Scratching Posts:** Offer a variety of scratching options (vertical/horizontal, different materials).

- [ ] **Clicker Training:** Consider teaching tricks or basic commands for mental stimulation.
  - [ ] **Mental Enrichment:** Rotate toys, introduce new scents, or offer safe window perches.
  - [ ] **Address Behavior Issues:** Consult a professional feline behaviorist for concerns (e.g., inappropriate urination, aggression).
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## 5. Grooming & Hygiene

**Frequency:** As needed, but regularly

- [ ] **Brushing:** Brush regularly based on coat type to prevent mats, reduce hairballs, and check skin.
  - [ ] **Bathing:** Bathe only if necessary with cat-specific shampoo.
  - [ ] **Nail Trims:** Trim nails every 2-4 weeks or as needed to prevent overgrowth.
  - [ ] **Ear Cleaning:** Check ears weekly; clean if necessary with vet-approved cleaner.
  - [ ] **Eye Care:** Gently wipe away any discharge.
  - [ ] **Daily Tooth Brushing:** If possible, brush daily with cat-specific toothpaste and brush.
  - [ ] **Dental Chews/Additives:** Use VOHC-accepted products as supplements if brushing isn't feasible.
  - [ ] **Lump Check:** Regularly feel for any new lumps or bumps during grooming.
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## 6. Safety & Environment

**Frequency:** Ongoing

- [ ] **Secure Windows/Screens:** Ensure all windows have secure screens.
- [ ] **Pet-Proof Home:** Store toxic substances (cleaners, meds) and plants out of reach.
- [ ] **Hazardous Objects:** Keep small objects (string, rubber bands), plastic bags, and cords away.
- [ ] **Safety Check:** Be mindful of household items like open appliances or recliners.

[ ] **ID Tag:** If worn, ensure collar has up-to-date ID tag.

[ ] **Pet First Aid Kit:** Have one readily available.

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## 7. Socialization & Emotional Well-being

**Frequency:** Daily/Ongoing

[ ] **Quality Time:** Spend dedicated time petting, playing, and interacting with your cat.

[ ] **Respect Their Space:** Allow them personal space and quiet time when desired.

[ ] **Avoid Isolation:** Ensure your cat receives adequate companionship.

[ ] **Recognize Stress Signs:** Be aware of and address signs of anxiety or fear.

[ ] **Patience & Love:** Provide consistent affection and understanding, especially for shy or older cats.

[ ] **Consistent Routine:** Maintain a predictable daily schedule to reduce anxiety.