

# Feline Weight Management

This playbook describes the steps for maintaining a healthy weight in cats through proper nutrition and regular exercise. It includes guidelines on monitoring food intake and selecting appropriate food to ensure optimal feline health.

## Step 1: **Assessment**

Evaluate the cat's current health status by scheduling a veterinary checkup to determine if there are any underlying health issues contributing to weight gain or loss.

## Step 2: **Diet Plan**

Work with your veterinarian to create a balanced diet plan tailored to your cat's specific needs, considering factors such as age, activity level, and existing health conditions.

## Step 3: **Proper Feeding**

Follow the veterinarian's guidelines on meal portions, frequency, and the appropriate type of food, whether it's commercial, prescription, or homemade, ensuring it meets AAFCO standards for nutrition.

## Step 4: **Monitor Intake**

Keep a record of your cat's daily food intake, including treats, and adjust portions as necessary to avoid overfeeding while still satisfying nutritional requirements.

## Step 5: **Exercise Routine**

Integrate a regular exercise routine into your cat's schedule to aid in weight management, including interactive playtime and activities that encourage movement.

## Step 6: **Ongoing Evaluation**

Regularly monitor your cat's weight and body condition score, and adjust the diet and exercise plan as needed in consultation with your veterinarian.

# **General Notes**

## **Consult Expert**

Always consult with a veterinarian or a feline nutrition expert before making significant changes to your cat's diet or exercise regimen.

## **Gradual Changes**

When implementing dietary changes, do so gradually over the course of several days to minimize digestive upset and encourage acceptance of new food.

## **Caloric Needs**

Understand that each cat's caloric needs are unique and can change over time due to factors such as age, metabolism, and activity level.