

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.