



 DAILY CARE ROUTINE

Daily Cat Care Checklist

Tick a box each day. One sheet lasts a whole week.



-  Lives 12–18 years
-  Scoop the box daily
-  Scratching is not optional
-  Vet check every year

Morning

M T W T F S S

Fresh water

Keep the water bowl away from the food bowl.

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Breakfast

The right food for their age — kitten, adult or senior.

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Scoop the litter box

Every single day. Most litter-box problems start with a dirty box.

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Check they seem themselves

Bright eyes, moving easily, pleased to see you.

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Daytime

M T W T F S S

Wand-toy hunting game

Let them catch it at the end — cats hate a game they never win.

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Top up the water

Some cats prefer a bowl in a different room.

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Scratching-post check

If they're scratching the sofa, the post is wrong or in the wrong place.

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Evening

M T W T F S S

Dinner

Cats do best on small, regular meals.

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Scoop the litter box again

Two scoops a day is the gold standard.

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Second play session

Dusk is when cats naturally hunt — this is the big one.

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Cuddle time — on their terms

Let the cat come to you. Never chase or corner them.

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Our pet-care team

Week beginning Whose job is it this week?

 Lilies are deadly to cats — the whole plant, even the pollen and the vase water. Keep them out of the house completely.