

Your Cat's Food Diary

Keeping a food diary can help you monitor the food and treats you are feeding and understand where your cat is getting extra calories from - making it easier to find a lower calorie option. Never embark your cat on a weight loss program without professional guidance. If your cat's Body Condition Score registers as 7 or above, any weight loss programme must be carried out under veterinary supervision.



Day	Time	Reason for Food or Treat	What & How Much

