

CAT WEIGHT TRACKER

almontecats.com

Use this printable tracker to follow your cat's weight over time. For the most useful record, use the same scale when possible and note changes in body condition, muscle condition, appetite, diet, activity, or health.

Cat's Name		Breed	
Date of Birth / Age		Sex	
Healthy Baseline Weight		Veterinarian	

Weight & Body Condition Log

[illegible]

How to Use This Tracker

Quick Reference	What to Record
Body Condition Score (BCS)	Use the score given by your veterinarian or a veterinary 9-point BCS chart.
Muscle Condition	Note normal muscle or any mild, moderate, or severe muscle loss identified.
Weight Change	Compare with the previous measurement and your cat's established healthy baseline.
Notes	Record appetite, food changes, activity, illness, medication, surgery, or veterinary visits.

Important: This tracker is an educational record-keeping tool and is not a substitute for veterinary care. Unexpected weight loss or gain, changes in appetite, or loss of muscle should be discussed with your veterinarian.

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