

# Cat Feeding Routine Planner

A printable sheet for meal timing, portion consistency, hydration prompts, and everyday observations.

A useful feeding routine is built from repeatable basics: meal timing, measured portions, hydration checks, and a clear sense of when treats are helping versus distracting from the main diet.

This printable planner keeps those details together in one place so you can review the week, notice patterns, and make smaller, calmer adjustments instead of changing everything at once.

## What this planner helps with

- Keeping meal timing, portions, and water checks steady enough to spot real patterns.
- Preventing treats and toppers from quietly turning into second meals.
- Creating one simple log you can review before changing the routine.

## Routine snapshot

Topic	Simple baseline	Why it matters
Meal timing	Choose a pattern you can repeat most days.	Predictable timing often supports calmer feeding.
Portions	Measure the usual amount before adjusting.	A steady baseline makes appetite easier to judge.
Treat budget	Keep rewards small and clearly separate.	This protects the main diet from calorie creep.
Water refresh	Tie bowl or fountain checks to meals.	Hydration habits are easier to maintain when routine-based.

## Quick reset prompts

- Have meal times drifted enough to make the day feel unpredictable?
- Are you reacting to one unusual meal or to a pattern across several days?
- Has treat use become a bigger part of the feeding routine than you intended?
- Is the water setup easy to refresh and appealing enough to use every day?

## Seven-day routine log

Day	Meal times	Portion notes	Water check	Appetite / stool notes

## Notes


Use the planner for a full week before making big changes whenever possible. If appetite drops sharply or digestive signs persist, check in with your veterinarian rather than pushing through the routine on guesswork.