

Cat Food Transition Tracker

A printable switch plan and observation log for changing foods more gradually and troubleshooting picky eating.

Food transitions often fail because too many variables change at once: a new flavor, a new texture, more toppers, a disrupted schedule, or a switch that moves faster than the cat is ready for.

This tracker gives you a calmer process. It lays out a practical transition path, leaves room to observe what is happening, and helps you troubleshoot whether the problem is the food itself, the pace, or the overall feeding routine.

What this tracker helps with

- Planning a slower food switch instead of changing too much at once.
- Tracking appetite, digestion, hydration, and enthusiasm during the transition.
- Sorting out whether the sticking point is the new food, the pace, or the routine around it.

Ten-day transition outline

Days	Old food	New food	Watch for
1–3	About 75%	About 25%	Meal interest and early digestive changes
4–6	About 50%	About 50%	Whether stools and appetite stay settled
7–8	About 25%	About 75%	Hydration, enthusiasm, and topper dependence
9–10	Small remainder or none	Mostly or fully new	Whether the routine works without constant encouragement

Slow down or pause if

- There is vomiting, diarrhea, or a clear appetite drop during the change.
- Your cat only accepts the new food when it is heavily disguised with treats or toppers.
- You are not sure whether the issue is taste, texture, schedule, or a health concern that needs veterinary input.

Transition log

Day	Mix used	Appetite	Stool / digestion	Notes

Picky-eating review

- Did the switch happen alongside a new bowl, location, or schedule?
- Has a favorite topper become so routine that the base meal is less interesting?
- Is the issue flavor, or could it be texture, temperature, or feeding timing?

Useful notes

A slower switch is often easier than a dramatic one. If your cat refuses food, seems unwell, or ordinary fussiness turns into a more serious pattern, contact your veterinarian rather than forcing the transition.