

Aloha Animal Hospital's Pet Wellness Planning



My Cat's Wellness Checklist

Please check all that apply to your cat:



Date:

Owner:

Pet:

Life Style Questions

- Our cat goes outside unsupervised.
- We travel with our cat.
- We board our cat when we travel.
- Our kids are active with our cat.
- My cat is sleeping more, is less active.
- My cat seems confused or disoriented.
- My cat is just not acting like himself/herself.

Body Functions

- My cat has bad breath.
- My cat has gained / lost weight. (Circle one)
- My cat is drinking more water than usual.
- My cat is urinating more frequently than usual.
- My cat's bowel habits have changed (increased frequency, diarrhea, constipation, straining). (circle all that apply)
- My cat vomits more than occasionally.
- My cat seems to have trouble seeing or hearing.

Heart / Lungs

- My cat has been coughing or sneezing.
- My cat tires more rapidly or seems short of breath.

Activity / Orthopedics

- I have noticed a change in my cat's behavior or activity level.
- My cat has difficulty getting up, climbing stairs and jumping.
- My cat shows signs of pain (hiding, unusually quiet, or vocalizing).

Skin and Coat

- My cat scratches, licks, or chews excessively.
- My cat has changes in hair coat, skin, or new lumps or bumps.
- I have noticed changes in my cat's grooming habits.
- My cat scratches it's ears or shakes it's head a lot.

My Wellness Preferences

- I want to take all precautions to keep my pet healthy.
- I am interested in preventative care but need more info.
- I am not interested in preventative care today.

Circle your cat's age in
Human Years.

AGE

cat's age in
human years

1	7
2	13
3	20
4	26
5	33
6	40
7	44
8	48
9	52
10	56
11	60
12	64
13	68
14	72
15	76
16	80
17	84
18	88
19	92
20	96
21	100
22	104
23	108
24	112
25	116

color key

- adult
- senior
- geriatric

