Indoor Cat Enrichment Checklist

An indoor cat still needs to climb, hide, scratch and hunt: **a safe spot of its own, resources spread around the home, a sturdy scratching post, and daily play that ends in a catch.** Tick off the setup once, then log play every day.

FILLABLE PDF — TYPE ON A COMPUTER OR TABLET, OR PRINT AND FILL IT IN BY HAND.

CAT'S NAME	FAVORITE TOY	BEST TIME TO PLAY

SET UP THE HOME

- [ ] **A safe spot per cat:** at least as many hiding or resting places as cats, spaced apart
- [ ] **Up high:** a cat tree or shelves to climb, watch from and get away from other cats
- [ ] **A sturdy scratching post:** sisal, upright, at least 3 ft (0.9 m) tall, near beds and where your cat already scratches
- [ ] **Cat grass** growing in a pot
- [ ] **Spread-out resources:** food, water, litter, scratching and beds in separate places, litter well away from food
- [ ] **A window seat:** a padded perch with a view outside
- [ ] **Easy on the nose:** no strong cleaners or scented litter, and some bedding left unwashed
- [ ] **Safe outdoor time** if you can: a catio, an enclosure or harness walks, never tethered alone

PLAY AND FEED LIKE A HUNTER

- [ ] **Wand play every day,** at least 5 minutes, one cat at a time
- [ ] **After a laser,** finish with a wand toy your cat can grab
- [ ] **Food puzzles,** started easy: full, big openings, offered when hungry, one per cat
- [ ] **Follow the hunt:** stalk, chase and pounce, then let your cat catch the toy
- [ ] **String and wand toys away** after play, every time
- [ ] **Rotate a few small toys** so they stay new

NOT COPING, OR NOT WELL?

Signs of a bored or tense cat

Scratching furniture, spraying, a lot of meowing, overgrooming, play attacks on people, or weight gain.

See the vet first

Bald patches, peeing outside the box or sudden aggression: pain or illness can look like a behavior problem.

PLAY LOG

DATE	TOY OR GAME	MINUTES	CATCHES	NOTES

Swallowed string, ribbon or wool? Get to an emergency vet: it can bunch up the intestines and may need surgery.

THE FULL VERSION: INDOOR CAT ENRICHMENT PACK · ON ETSY: NEWDOGCO.ETSY.COM

Sources: AAFP/ISFM Feline Environmental Needs Guidelines (2013); International Cat Care (playing with your cat; indoor or outdoor); Humane World for Animals (keeping your cat happy indoors); Dantas et al. 2016, J Feline Med Surg (food puzzles); J Feline Med Surg review (destructive scratching); Merck Veterinary Manual (behavior problems of cats).