



Fit Cat Test

Print and use our Fit Cat Test to identify your cat's fitness level. Try it on 4 separate days to measure your cat's interest and ability on average.

The Test:

Place a treat or toy in the following places and note down your cat's response.

- A) Has no interest in the toy or treat, preferring to rest.
- B) Appears interested but doesn't go for the reward.
- C) Quick to investigate, attempts it but struggles to get the reward.
- D) Investigates quickly and gets the reward with no problems.

Under the sofa or cabinet (where they can reach)



A | B | C | D

On the sofa

A | B | C | D

Half way up the stairs



A | B | C | D

Top of the stairs

A | B | C | D

On a window sill



A | B | C | D

On a high surface they can usually jump on & off

A | B | C | D

On all levels of their activity centre



A | B | C | D

If they like the outdoors, use their favourite fence

A | B | C | D

If your cat scored mostly:

A's) If this behaviour seems unusual, it's a good idea to book a vet check-up and get advice on diet and exercise.

B's) Same as above. It may be time to swap to healthy treats.

C's) A health check wouldn't go amiss if your cat is struggling to jump up and down. It may not just be weight related.

D's) Excellent, your cat has a good level of fitness & alertness! If they look/feel overweight, swap to healthy treats, and encourage more playtime.

