

7-Day Enrichment Planner

Try one small idea. Watch what your cat enjoys. Repeat the favorites.

MON

Play together

Try a short supervised toy session.

My cat's response: _____

TUE

A cozy retreat

Offer a clean, open cardboard box.

My cat's response: _____

WED

A new perspective

Make a stable resting spot inviting.

My cat's response: _____

THU

A simple puzzle

Offer an easy food puzzle if suitable for your cat.

My cat's response: _____

FRI

Toy rotation

Bring out one safe toy from the cupboard.

My cat's response: _____

SAT

Follow their lead

Repeat the activity your cat chose most.

My cat's response: _____

SUN

A quiet reset

Record favorites and plan the next week.

My cat's response: _____