

# Pure Paws Veterinary Care of Hudson Square

350 Hudson Street · New York, NY 10014 · 212-203-4187

## Indoor Cat Weight Loss Intake Questionnaire

*Indoor cats live entirely in our world — and that shapes everything about their weight and wellbeing. No judgment, just curiosity!*

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### Patient & Client Information

Owner Name: \_\_\_\_\_

Cat Name: \_\_\_\_\_

Breed: \_\_\_\_\_

Age: \_\_\_\_\_

Sex / Neuter Status: \_\_\_\_\_

Current Weight: \_\_\_\_\_

Ideal / Goal Weight (if known): \_\_\_\_\_

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### Diet History

Current food(s) (brand + dry/wet/raw): \_\_\_\_\_

Amount fed daily: \_\_\_\_\_

Feeding schedule:

Free-fed (bowl always full)  Scheduled meals  Combination

How is food measured?

Measuring cup  Kitchen scale  Eyeballed  Just fill the bowl

Any recent diet changes: \_\_\_\_\_

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### Your Relationship with Your Cat

What's your favorite way to spend time with your cat?

\_\_\_\_\_

How does your cat greet you when you come home?

Waits at the door  Comes running  Meows loudly  Appears eventually  Doesn't bother

How do you show your cat love?

Treats / food  Cuddles  Playtime  Talking to them  All of the above

What makes your cat the happiest?

\_\_\_\_\_

How does your cat let you know they want attention?

Meowing  Pawing at you  Sitting on you  Knocking things over  Staring

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### Food, Treats & Feeding Habits

What's your cat's absolute favorite treat?

\_\_\_\_\_

Does your cat get Churu (lickable squeeze treats)?

Yes — daily  Yes — occasionally  No

If yes — how many per day, and what flavor?

\_\_\_\_\_

Does your cat get Greenies dental treats?

- Yes — daily  Yes — occasionally  No

If yes — how many per day?

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Does your cat get any other crunchy or soft treats? Please list:

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Does your cat have a look or a move that gets them extra food? Does it work?

- No manipulation tactics  Yes — but I hold firm  Yes — and it works every time  They have me completely trained

What do you do when your cat seems hungry between meals?

- Give a treat  Add a little food  Ignore it  Distract with play  It depends on the day

Are there any foods your cat goes absolutely crazy for?

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Does anyone else in the household feed the cat — a partner, kids, roommates?

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Does your cat get any human food, broth, baby food, or toppers on their meals?

- Never  Occasionally as a treat  Regularly to get them to eat  Always — it's the only way

Is your cat food motivated — would they do just about anything for a snack?

- Not really  Somewhat  Very much so  Food is their entire personality

Does your cat have any special occasion treats — birthdays, holidays, a rough day?

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When guests come over, do they ever feed your cat treats or scraps?

- Never  Sometimes  Yes — hard to control
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## Daily Routine & Home Life

Walk me through a typical day for your cat — morning to night.

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What does your cat do while you're cooking or eating?

- Stays away  Watches from nearby  Comes to investigate  Full begging mode  Tries to steal food

How does your cat spend most of their day?

- Sleeping  Looking out the window  Following me around  Playing solo  Mix of everything

After your cat finishes their meal, do they seem satisfied — or immediately looking for more?

- Walks away satisfied  Licks the bowl and moves on  Lingers and meows for more  Always wants more

Does your cat's routine change when your schedule changes — working from home, travel, weekends?

- Pretty consistent  Somewhat  Yes — very schedule-dependent

How many hours a day is your cat home alone?

- Rarely alone  A few hours  Most of the workday  Full day regularly
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## Activity & Indoor Enrichment

Would you describe your cat as more of a couch potato or a hunter at heart?

- Total couch potato  Somewhere in between  Active and curious  Wild animal trapped indoors

Does your cat still play? What gets them most excited?

- Wand / feather toys  Laser  Crinkle / foil balls  Chasing things  Not really interested anymore

How often do you actively play with your cat?

- Daily  A few times a week  Occasionally  Rarely — they don't seem interested

What does your cat's environment look like?

- Cat tree / perches  Window access / bird feeder outside  Puzzle feeders  Tunnels / boxes  Mostly open floor space

Has your cat slowed down or become less playful over the past year?

- Not really  A little  Noticeably yes  Seems stiff or reluctant to jump

Does your cat have a favorite window, perch, or spot they return to throughout the day?

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### Behavior & Emotional Wellbeing

Does your cat seem bored, restless, or understimulated at home?

- Often  Sometimes  Rarely — they seem content

Does your cat seem anxious or restless between meals?

- Never  Occasionally  Often — meows a lot  Hard to tell

How does your cat respond when they don't get a treat they're expecting?

- Moves on quickly  Keeps asking persistently  Gets visibly upset  This doesn't happen

Does your cat show any signs of stress — over-grooming, hiding, changes in litter box habits?

- None  Occasionally  Yes — ongoing concern

Has anything changed in your cat's life recently that might be affecting them?

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### Household & Social Environment

Who lives in the home?

- Just me  Partner / spouse  Kids  Roommates  Other cats  Dogs  Other pets

If there are other pets, how is feeding managed?

- No other pets  Fed separately, no issues  Sometimes steals from others  Others steal from my cat

Does your cat have access to the other pets' food?

- No other pets  No — kept separate  Sometimes  Yes, all the time

What would make this weight loss journey easier for you and your household?

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### Supplements & Extras

Is your cat taking a fish oil supplement?

- Yes  No

If yes — what brand and how much do you give daily?

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Do you give any vitamin chews or supplements?

- Yes  No

If yes — what brand, and how many do you give per day?

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Is your cat on a joint supplement?

Yes  No

If yes — what brand and how much do you give daily?

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Does your cat take any calming or anxiety supplements (e.g. Zylkene, Anxitane, Feliway)?

Yes  No

If yes — please list:

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## Medical History

Current medications / supplements: \_\_\_\_\_

Any history of:

Diabetes  Hyperthyroidism  Arthritis  Urinary issues  Other: \_\_\_\_\_

Changes in:

Appetite  Thirst / urination  Grooming habits  Mobility / jumping

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## Your Goals

What concerns you most about your cat's weight?

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What challenges do you anticipate?

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Preferred feeding approach going forward:

Scheduled meals  Puzzle / hunting feeder  Microchip feeder  Combination

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