

# BODY SCORE CHART

What is your cat's score?

## 1. Too Thin



Your cat is  
underweight

### Too Thin

Your cat has little or no muscle mass and her ribs, spine, hip bones and shoulder blades are easily seen.

- + Slowly increase your cat's food and keep activity to a minimum for now
- + Take your cat to your veterinarian and create a plan to gain weight safely
- + Watch your cat blossom with good health as she gains weight

## 2. Slim



Your cat  
should weigh  
a bit more

### Slim

If your cat's ribs are very easily felt (like your knuckles are when you make a fist) and she has a very obvious waistline, then a little more balanced nutrition may be necessary to be at an acceptable and healthy weight.

- + Slowly increase your cat's food until you find the right amount
- + Maintain a moderate level of activity

## 3. Perfect



Your cat is at a  
healthy weight

### Perfect

Your cat has a proportioned body shape and a very slight tummy tuck and a nice moderate covering of body fat over the ribs and spine. Running your hands down her side you should be able to feel her ribs and hips without pressing hard. Abdominal fat pad should be absent or only slight.

- + You have found the magic balance of nutrition and activity. Keep up the good work!

## 4. Overweight



Your cat weighs  
a little too much

### Overweight

Looking at your cat from above, she has a sausage-like body shape and no visible waistline. It takes work to find her ribs and there is some extra fat over her hips and at the base of her tail. Your cat's abdomen is saggy when seen from the side.

- + Time to cut back on those 'extras' and reduce her calorie intake
- + Increase activity to get your cat back into shape

## 5. Obese



Your cat is  
overweight

### Obese

You have to dig around to find your cat's ribs. Fat deposits are evident over the spine, chest, base of tail and hindquarters. Her abdomen sags obviously and she has no waistline when seen from above. This condition is unhealthy and a weight loss plan is needed.

- + Time to up the exercise and reduce her calorie intake
- + Take your cat to your veterinarian and create a plan to lose weight safely
- + Watch your cat blossom with good health as she loses weight