# Cat weight & body condition log

**Cat:** _____ **Target weight** (from your veterinary team): _____ **Scale / method:** _____

| DATE | WEIGHT & UNIT | BCS 1–9 | WEIGHING METHOD | APPETITE & MUSCLE | NOTES & CONTEXT |
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Leave a column blank rather than guessing. A blank BCS cell means the score was not assessed, not that the cat is ideal. Use the same scale, at the same time of day, in the same place each time.