









# Keep track of your daily activity.

All it takes is 30 minutes a day – you and your cat will both benefit.



Activity: 1 Time:	Activity: 2 Time:	Activity: 3 Time:	Activity: 4 Time:	Activity: 5 Time:	Activity: 6 Time:
Activity: 7 Time:	Activity: 8 Time:	Activity: 9 Time:	Activity: 10 Time:	Activity: 11 Time:	Activity: 12 Time:
Activity: 13 Time:	Activity: 14 Time:	Activity: 15 Time:	Activity: 16 Time:	Activity: 17 Time:	Activity: 18 Time:
Activity: 19 Time:	Activity: 20 Time:	Activity: 21 Time:	Activity: 22 Time:	Activity: 23 Time:	Activity: 24 Time:
Activity: 25 Time:	Activity: 26 Time:	Activity: 27 Time:	Activity: 28 Time:	Activity: 29 Time:	Activity: 30 Time:

## Some activity ideas for you and your cat

-  Use a laser light or torch for your cat to chase.
-  A ping pong ball or piece of crumpled paper can get your cat racing around like a kitten.
-  Make some great toys using things you already have at home: wads of paper, straws and plastic rings from milk bottles. Then make the toy come to life!
-  Cats love to play with empty boxes. Let the kids help by building forts for your cat.
-  Tunnels, cat trees and scratch posts keep your cat entertained.
-  Pretend to stalk your cat, then pounce! Then swap roles and let your cat be the hunter.