

Cat Enrichment Rotation Calendar

A simple four-week plan for hunting, scratching, climbing, hiding, scent, and rest.

General education only. This printable does not replace advice from a licensed veterinarian.

Core needs

- Hunt and chase play.
- Scratching surfaces near social and rest areas.
- Vertical routes and safe hiding.
- Food puzzles or scatter feeding.
- Quiet sleep and predictable routines.

Weekly rotation

- Week 1: wand play, cardboard scratcher, window perch, food puzzle.
- Week 2: hide-and-seek treats, new box, gentle brushing, scent swap cloth.
- Week 3: tunnel or paper bag, vertical route refresh, short carrier snack session.
- Week 4: rotate toys, clean litter area, review hiding and resting spots.

Observation notes

- What did the cat choose?
- What was ignored?
- Any hiding, appetite, litter, or movement changes?
- What should stay predictable next week?

Health boundary

- Sudden appetite loss, litter box changes, hiding, vomiting, breathing trouble, pain, or rapid decline should be discussed with a veterinarian.