

# New Pet First Week Checklist

A calm setup and observation sheet for the first week with an adopted dog, adopted cat, puppy, kitten, or newly rehomed pet.

## Before Arrival

- Choose a quiet starter area with food, water, bed, and safe exit routes.
- For cats: set up litter, scratching, hiding, and vertical/resting options before arrival.
- For dogs: prepare leash, harness, toilet plan, rest zone, and safe chew/enrichment options.
- Remove hazards: toxic plants, loose cords, open windows, small swallowable items, and unsafe foods.
- Book or confirm a veterinary check if needed, especially for young, senior, ill, or unknown-history pets.

## First 24 Hours

- Keep introductions quiet and short; do not force handling or contact.
- Show food, water, toilet/litter area, and rest space, then let the pet decompress.
- Avoid visitors, loud social media moments, and repeated room tours.
- Record appetite, drinking, stool/urine, hiding, sleep, and stress signals.

## Days 2 to 7

- Keep routines predictable: meals, toilet breaks, walks/play, rest, and bedtime.
- Expand access slowly only if the pet is eating, toileting, resting, and recovering from stress.
- Use reward-based interactions. Stop before the pet is overwhelmed.
- Delay complex training goals until the pet feels safer and you know their baseline.
- Prepare a simple handoff sheet for any sitter, family member, or helper.

## 7-Day Tracking

<b>Day 1 appetite:</b> _____	<b>Toilet/stress notes:</b> _____
<b>Day 2 appetite:</b> _____	<b>Toilet/stress notes:</b> _____
<b>Day 3 appetite:</b> _____	<b>Toilet/stress notes:</b> _____
<b>Day 4 appetite:</b> _____	<b>Toilet/stress notes:</b> _____
<b>Day 5 appetite:</b> _____	<b>Toilet/stress notes:</b> _____
<b>Day 6 appetite:</b> _____	<b>Toilet/stress notes:</b> _____
<b>Day 7 appetite:</b> _____	<b>Toilet/stress notes:</b> _____

## Call a Vet Promptly If

Seek veterinary advice for not eating, repeated vomiting or diarrhea, breathing trouble, collapse, inability to urinate, severe lethargy, pain, injury, sudden aggression, extreme hiding with decline, or any symptom that is sudden, severe, or worsening.

Related guides: <https://newspet.net/first-30-days-with-an-adopted-dog/> and <https://newspet.net/adopting-a-cat-first-30-days/>