

MONTHLY-MONITOR.COM HEALTH CHECK

Cat Name: _____ Year _____

Please note that Monthly Monitor and this checklist are not a replacement for proper and regular veterinarian care. If you ever have any health concerns about your cat contact your cat's veterinarian immediately. This checklist is a basic guide to help you monitor your cat's general health. Please show to your veterinarian and make any adjustments they suggest.

J	F	M	A	M	J	J	A	S	O	N	D	
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M - Mouth – Teeth white with no excess tartar and pale pink gums. Check for dropping food, excess salivation, clawing at the mouth or bad breath as a sign of dental problems.

O - Overall Body - Just be able to feel the ribs, and no more. Watch for signs of weight loss or weight gain.

N - Nose – Usually soft and damp to the touch. If you do notice any thick discharge, bleeding, or sneezing, (particularly if your cat's eyes are also runny) you should contact the vet as cats are susceptible to flu.

T - Thirst Level – Note any sudden increase or decrease in water intake.

H - Happy and Adjusted attitude – Avoiding normal interactions or acting aggressively can be a sign of problems.

L - Lumps or Bumps – Note any sore spots, nodes, or unusual growths.

Y - Yearly Exam – Schedule and take any notes that you have made.

C - Claws - Should be smooth and clipped regularly.

H - Hearing and Ears - Clean and free of any thick brown or black wax, and have no smell. No unusual reactions to sounds.

E - Eyes - Bright and clear, with no redness, running or soreness. No light sensitivity.

C - Cleaning and Grooming - No dandruff, fleas, bald patches or sores. Coat should be thick and shiny, with no broken hairs. If your cat has neglected regular grooming this can be a sign of stress or illness

K - Keep record of pH of Monthly-Monitor test. [Request an emailed monthly reminder to perform and record the Monthly Monitor pH check at http://monthly-monitor.com](http://monthly-monitor.com)

S - Stomach and Digestion - Occasional vomiting of hair or grass can be normal, but persistent sickness or choking when eating is not. Cat's stools are normal in color, with no diarrhea, constipation, mucus or blood passed.

Observations: