



THE MEW & MAPLE NOTEBOOK

A week of better play

Choose, observe and adapt. Every prompt is optional.

Before you begin

Inspect toys and surfaces. Supervise unfamiliar activities. Put string and feather wands away afterward. Let your cat choose rest.

MON / MOVE

Invite a brief supervised chase. Let your cat catch the toy. Store it afterward.

TUE / EXPLORE

Offer a clean open cardboard box, without tape, staples or loose packing.

WED / WATCH

Offer a secure resting spot near a closed window. Check support and access.

THU / SCRATCH

Inspect a familiar scratcher. Keep it stable and easy to reach.

FRI / INVESTIGATE

Try a familiar easy food puzzle while present. Use part of the usual ration.

SAT / CHOOSE

Repeat a welcomed activity. Adjust height and pace to your cat.

SUN / REFLECT

Notice what your cat chose. Keep one useful idea for next week.

No fixed exercise quota. Adjust to age, mobility and medical needs. Stop activities that cause distress. Sudden or concerning changes need veterinary advice.



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What worked for your cat?

A simple observation log. No score and no required outcome.

Cat: _____ Week starting: _____

DAY	INTEREST: YES / MAYBE / NO	WHAT I NOTICED
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

ONE THING TO KEEP:

ONE THING TO CHANGE OR STOP:

General enrichment planning, not an individualized exercise or feeding plan. No veterinary review or product testing is claimed.

Reading: Cornell Feline Health Center, Safe Toys and Gifts; AAFP/ISFM Feline Environmental Needs Guidelines (2013). Full links on the Notebook page.

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