

Feline Fitness Intake Form

Client Information

Owner:

E-mail address:

Phone number:

Preferred method of contact? (Text, Call, e-Mail, FB, Instagram, etc.)

Feline Information

Name:

Breed:

Date of Birth:

Weight:

Sex:

Spayed/Neutered?

If Yes, date of Spay/Neuter:

Please note that Sarah Keller of Sit Stay Squat offers feline fitness only. This is NOT a rehabilitation program, and she does not diagnose or treat injury, disease, or illness. All cats who participate in a feline fitness program should have veterinarian clearance, and when concerns are noted, clients will be directed to seek appropriate care from their veterinarian or other health provider.

Client Signature:



Medical and Health Information/History

Veterinarian:

Has your cat ever seen a chiropractor, physiotherapist, massage therapist, hydrotherapist etc.?

Has your cat had any trauma, injuries, or accidents? If yes, please describe:

Please describe and list the dates of all recent or significant surgeries and injuries:

Is your cat currently experiencing any medical conditions or injuries that would impact his/her ability to participate in a feline fitness program? If yes, please describe:



Does your cat have any other medical conditions I should be aware of? (*allergies, bladder problems, arthritis, diabetes, thyroid etc.?*)

Does your cat have any sensitive areas of his/her body? If yes, please describe:

Is your cat currently taking any medications?

Is your cat currently taking any supplements? (*glucosamine, fish oil, etc.*)

How would you describe your cat's overall health? (*Excellent/Good/Fair/Poor*)



Cat's Exercise Protocol & Goals

What type of exercise does your cat get and how often? (*walks, free play, swimming, tricks, dog sports etc.*)

What "tricks" does your cat already know, if any? (*Hand touch, spin, back up, etc.*)

What fitness or training equipment do you have at home that your cat can use?

How many days per week would you like to dedicate to your cat's feline fitness program?

What is your preferred duration for each workout?

- ☐ <5 minutes
- ☐ 5-10 minutes
- ☐ 10-15 minutes
- ☐ 15-20 minutes
- ☐ 20-30 minutes +

What goals do you hope to achieve by participating in this feline fitness program? Please list any long and/or short term goals:



Feline Body Condition Score



WSAVA
Global Nutrition
Committee

Updated on August 13, 2020

Body Condition Score





1



3



5



7



9

UNDER IDEAL

- 1 Ribs very easily seen on short-haired cats. No fat pads present. Severe abdominal tuck. Lumbar vertebrae and pelvic bones easily seen and felt.
- 2 Ribs easily seen on short-haired cats. Lumbar vertebrae obvious. Pronounced abdominal tuck. No fat pads present.
- 3 Ribs easily felt with minimal fat covering. Lumbar vertebrae obvious. Obvious waist behind ribs. Minimal abdominal fat pads.
- 4 Ribs felt with minimal fat covering. Noticeable waist behind ribs. Slight abdominal tuck. Minimal abdominal fat pads.

IDEAL

- 5 Well-proportioned. Ribs felt with slight fat covering. Waist seen behind ribs, but not pronounced. Abdominal fat pad minimal.

OVER IDEAL

- 6 Ribs felt with slight excess fat covering. Waist and abdominal fat pad present but not obvious. Abdominal tuck absent.*
- 7 Ribs not easily felt through moderate fat covering. Waist not easily seen. Slight rounding of abdomen may be present. Moderate abdominal fat pad.
- 8 Ribs not felt due to excess fat covering. Waist absent. Obvious rounding of abdomen with prominent abdominal fat pad. Fat deposits present over lower back area.
- 9 Ribs not felt under heavy fat cover. Heavy fat deposits over lumbar area, face and limbs. Distention of abdomen with no waist. Abdominal fat deposits.

*A body condition score of 6/9 may be acceptable in some cats, especially older cats.

Sprenkle CR, et al. Evaluation of a nine-point body condition scoring system in physically inactive pet cats. *AAJVR* 2011;72:435-437.

Lafreniere DP. Development and validation of a body condition score system for cats: A clinical tool. *Feline Pract* 1997;25:15-18.

Tsang KT et al. Strong associations of 9-point body condition scoring with survival and lifespan in cats. *J Feline Med Surg* 2014;26(12):1110-1118. DOI: 10.1177/1098122117752198

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Where do you believe your cat is out of 5?*

*Please note that this number may be edited by Sarah



Cat Behaviour and Personality

Please describe your cat's basic personality and behavior. For example, is he/she shy, outgoing, friendly, aloof etc.?

Does your cat have any emotional or behavioural issues that I should be aware of?

If yes, please describe so that I can better understand your cat's boundaries and help him/her be as confident as possible during our sessions:

Does your cat have any food or environmental allergies?

Please list any additional information that you think I should know about your cat:

