



30-Day Cat Challenge

One tiny activity a day for a happier, healthier cat

Start date: _____ Cat's name: _____

■ Wk 1: Foundations (1-7) | Wk 3: Explore & Bond (15-21)

■ Wk 2: Hunt & Forage (8-14) | Wk 4: Mix & Master (22-30)

Day 1  Wand Toy Warm-Up ☐ Done!	Day 2  Observation Day ☐ Done!	Day 3  Cardboard Box Cafe ☐ Done!	Day 4  Window TV ☐ Done!	Day 5  Gentle Grooming ☐ Done!
Day 6  Shared Rest ☐ Done!	Day 7  Scent Swap ☐ Done!	Day 8  Easy Treat Trail ☐ Done!	Day 9  Treat Hunt Level 1 ☐ Done!	Day 10  Muffin Tin Puzzle ☐ Done!
Day 11  Paper Bag Pounce ☐ Done!	Day 12  Egg Carton Foraging ☐ Done!	Day 13  Treat Tube ☐ Done!	Day 14  Scatter Feed ☐ Done!	Day 15  Treat Hunt Level 2 ☐ Done!
Day 16  Go Vertical ☐ Done!	Day 17  Cardboard Tunnel ☐ Done!	Day 18  Quiet Co-Nap ☐ Done!	Day 19  Rotating Toys ☐ Done!	Day 20  Sniffari ☐ Done!
Day 21  Mini Obstacle Course ☐ Done!	Day 22  Treat Hunt Level 3 ☐ Done!	Day 23  Cue Training ☐ Done!	Day 24  Bird-Watching Bonus ☐ Done!	Day 25  Double Play ☐ Done!
Day 26  DIY Puzzle Feeder ☐ Done!	Day 27  Calm Evening Routine ☐ Done!	Day 28  Memory Lane ☐ Done!	Day 29  Surprise Box ☐ Done!	Day 30  Celebration! ☐ Done!

Always supervise string toys. Count treats as part of your cat's daily food.
Sessions of 5-15 minutes are plenty. Let your cat opt out anytime, and end every game on a win.