

FREE PRINTABLE

7-Day Cat Connection Challenge

Seven gentle moments. No forced cuddles. Full management approval.



ONE SMALL MOMENT EACH DAY - LET YOUR CAT CHOOSE

Seven calm ways to connect

DAY 1

The slow-blink hello

Sit at a comfortable distance, soften your eyes and offer one slow blink.

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DAY 2

Let the cat choose

Offer your hand, pause and let your cat decide whether to move closer.

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DAY 3

Five-minute hunt

Use a wand toy with hiding, pausing, chasing and a final catch.

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DAY 4

Quiet observation

Watch ears, eyes, tail and posture for one minute without touching.

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DAY 5

Make one tiny upgrade

Add a box, perch, blanket cave or refreshed scratching spot.

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DAY 6

Phone-free cat time

Spend ten calm minutes together without a screen.

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DAY 7

Repeat the favorite

Choose the moment your cat enjoyed most and make it part of the routine.

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My cat's favorite moment was:
