

Calm first nights.

Pet name: _____ Adoption date: _____ Age: _____

Before your cat comes home

- ☐ Set up a small starter room (a bedroom or bathroom works)
- ☐ Litter box, water and food on opposite sides of the room
- ☐ Hiding spots: a box on its side or a covered bed
- ☐ Scratching post and a few simple toys
- ☐ Ask the rescue what food and litter they used
- ☐ Cat-proof: cords, strings and toxic plants (lilies!) away

Day 1

- ☐ Carry the carrier into the starter room and open it
- ☐ Let your cat come out in their own time
- ☐ Sit quietly nearby; let them sniff you first
- ☐ Hiding is common; do not pull them out
- ☐ Keep other pets out of the starter room
- ☐ Note meals, water, litter and sleep on page 3

Night one

- ☐ Lights low, voices soft, a predictable bedtime
- ☐ Leave a soft light and quiet sound in the starter room
- ☐ Night-time exploring or meowing can happen at first

Days 2 to 3

- ☐ Keep the same simple routine each day
- ☐ Short, calm sessions together; let them set the pace
- ☐ Open the starter room door only when your cat seems relaxed
- ☐ Watch body language: hiding, freezing or lip-licking mean slow down

The 3-3-3 idea (a common rule of thumb)

Many rescues describe settling in as roughly 3 days, 3 weeks and 3 months.

It is a loose guide, not a deadline. Every pet is different.

Go at your pet's pace and ask your vet or a trainer if you're unsure.

Call your vet if

- ☐ Your pet has not eaten for about 24 hours, or stops drinking
- ☐ Vomiting, diarrhea, lethargy or signs of pain
- ☐ Any injury, breathing trouble or sudden change you are worried about
- ☐ Fear or aggression that feels unsafe (a trainer or behaviorist can help)

7-day tracker & contacts

Print a second copy for week 2

Day	Meals	Water	Litter	Sleep	Mood / notes
1					
2					
3					
4					
5					
6					
7					

Important contacts

Vet: _____

Emergency clinic: _____

Rescue / shelter: _____

Trainer or behavior consultant: _____

Pet poison hotline (look up the current number): _____