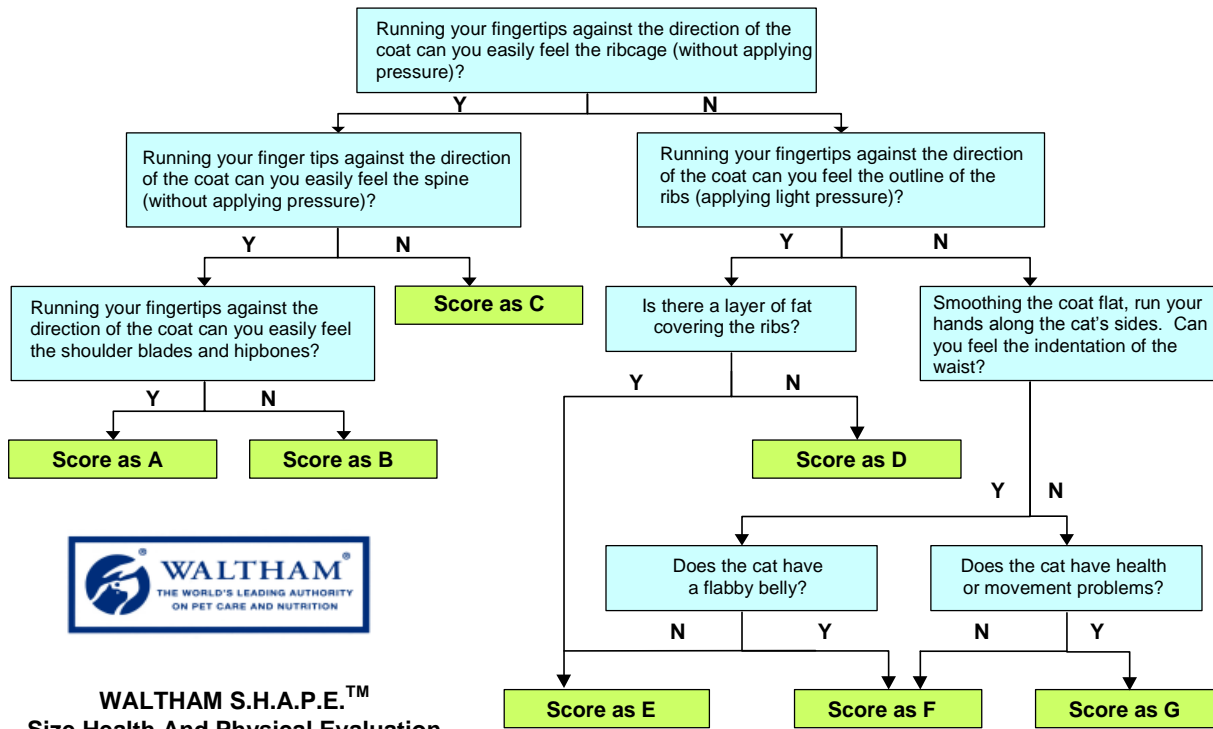


Waltham S.H.A.P.E.™ Guide for Cats



S.H.A.P.E.™ Score	Description
A	Extremely Thin Your cat has a very small amount or no total body fat. Recommendation: Seek veterinary advice promptly.
B	Thin Your cat has only a small amount of total body fat. Recommendation: Seek veterinary advice to ensure your cat is offered the appropriate amount of food. Reassess using the S.H.A.P.E.™ chart every 2 weeks.
C	Lean Your cat is at the low end of the ideal range with less than normal body fat. Recommendation: Increase food offered by a small amount. Monitor monthly using the S.H.A.P.E.™ chart and seek veterinary advice if no change.
D	Ideal Your cat has an ideal amount of total body fat. Recommendation: Monitor monthly to ensure your cat remains in this category and have him/her checked by the veterinarian at your next visit.
E	Mildly Overweight Your cat is at the upper end of the ideal range with a small amount of excess body fat. Recommendation: Seek veterinary advice to ensure your cat is offered the appropriate amount of food and try to increase activity levels. Avoid excessive treats and monitor monthly using the S.H.A.P.E.™ chart.
F	Moderately Overweight Your cat has an excess of total body fat. Recommendation: Seek veterinary advice to implement safely an appropriate weight loss plan including increasing activity levels. Reassess using the S.H.A.P.E.™ chart every 2 weeks.
G	Severely Overweight Your cat has a large amount of excess total body fat that is affecting its health and well being. Recommendation: Seek veterinary advice promptly to introduce a weight loss plan to reduce your cat's weight, increase activity levels and improve health.
NB: Some breeds and different life-stages may have different ideal S.H.A.P.E.™ scores. Consult your veterinarian if you are unsure.	