



Cat Respiratory Symptom Tracker

Use this symptom tracker to monitor suspected respiratory issues in your cat over the course of a week.

Week of: _____

Physical Symptoms							
Has your cat shown any of the following symptoms? If so, how severe are the symptoms? <i>Symptom severity:</i> 0 - None, 1 - Mild, 2 - Moderate, 3 - Severe	DAY						
	1	2	3	4	5	6	7
Heavy/rapid breathing The normal rate of breathing for cats is about 25-30 breaths per minute at rest. Heavy/rapid breathing is more than 40 breaths per minute (when not playing or excited).							
Fatigue/lethargy Your cat is lethargic after playing or is breathing heavier than usual after playtime.							
Breathing through the mouth You may notice your cat is breathing through their mouth or panting.							
Squatting position with neck extended Your cat takes a position with their neck extended upwards and their body low to the ground.							
Blue lips and gums Your cat's lips and/or gum start to turn blue.							
Wheezing Your cat makes a whistling or rattling sound made when breathing.							
Coughing/hacking A coughing cat sounds a bit different than a coughing human—it will sound like your cat is trying to pass a hairball.							
Behaviour Changes							
Has your cat shown any of the following behaviour changes? If so, how often? <i>Symptom severity:</i> 0 - Not at all, 1 - A Few Times, 2 - Some Of The Time, 3 - Most Of The Time	DAY						
	1	2	3	4	5	6	7
No desire to play Your cat no longer wants to play.							
Hiding Your cat is hiding from you.							
Fatigued Your cat is much more tired and sleeping more than usual.							

Environmental Factors							
Has your cat been exposed to the following environmental factors? If so, how often? <i>Symptom severity:</i> <i>0 - Not at all, 1 - A Few Times, 2 - Some Of The Time, 3 - Most Of The Time</i>	DAY						
	1	2	3	4	5	6	7
Cold air							
Smoke or car exhaust							
Household sprays and chemicals							
Perfume or hairspray							
Essential oil diffusers							
Outdoors							
Cigarette smoke							
Notes:							

When To Take Your Cat To The Vet

If your cat's symptoms are non-existent or mild, it is unlikely they are suffering from a respiratory illness.

If your cat's symptoms are moderate to severe, it is possible they are suffering from asthma or another respiratory illness. Take your cat to the vet and bring the tracking sheet with you to help the vet understand your cat's condition.

If your cat's symptoms worsen, it is best to err on the side of caution. **Take them to the vet right away.**