

Cat Pee Behavior Tracker

Veterinary Urination & Elimination Monitoring Log
Downloaded from: Cat Care Pro | Date: _____

URGENT: Call Your Vet Immediately If You See:

• Straining in litter box with little/no urine • Crying/howling while trying to pee • Blood in urine • Lethargy/vomiting • Male cat with any urinary issues

Your Vet: _____ | Phone: _____

How to Use This Tracker:

- Record EVERY incident immediately - accuracy is key
- Be specific with locations - "middle of living room rug" not just "living room"
- Note volume accurately - check the appropriate box
- Document preceding events - what happened 1-2 hours before?
- Bring completed log to your vet - this is crucial evidence

Tracking Period: _____ to _____ (Minimum 7-14 days recommended)

Date / Time	Exact Location	Volume	What Happened Before? (1-2 hours prior)	Additional Notes
<i>e.g., Mar 25, 3:00 PM</i>	<i>Middle of living room rug, near sofa</i>	<input checked="" type="checkbox"/> Large puddle (dinner plate) <input type="checkbox"/> Small spot (quarter size)	<i>I left for work 2 hours prior Loud construction outside</i>	<i>Cat seemed anxious, hid under bed before</i>
_____	_____	<input type="checkbox"/> Large puddle <input type="checkbox"/> Small spot <input type="checkbox"/> Spray/mark	_____	_____
_____	_____	<input type="checkbox"/> Large puddle <input type="checkbox"/> Small spot <input type="checkbox"/> Spray/mark	_____	_____

Pattern Analysis Guide

How to Interpret Your Tracking Data

After 7-14 Days of Tracking, Analyze These Patterns:

Location Analysis

Circle patterns you observe:

- All on soft surfaces (beds, rugs, laundry) = Anxiety/comfort seeking
- Near windows/doors = Territorial response to outdoor animals
- In rooms where you spend time = Separation anxiety
- Multiple random locations = Medical issue or severe stress
- Same spot repeatedly = Established scent marking

Timing Analysis

Check patterns you find:

- Only when home alone = Separation anxiety
- Consistent times (e.g., 3 AM) = Routine/medical issue
- After specific events (visitors, storms) = Trigger-based anxiety
- After litter box cleaning = Litter/substrate preference issue
- Random timing = Likely medical or severe behavioral

Behavioral Clues

If you observe the behavior, note posture:

- Squatting position = Urination (elimination)
- Standing with upright, quivering tail = Spraying (marking)
- Straining/crying = MEDICAL EMERGENCY - PAIN
- Normal posture, seems unaware = Possible cognitive decline (senior cats)

Volume Patterns

What do the amounts suggest?

- Consistently large puddles = Possible kidney disease, diabetes, or inability to "hold it"
- Small spots/sprays = Marking behavior or painful urination (UTI/FIC)
- Mixed sizes = Combination of issues or inconsistent recording

How to Present This to Your Veterinarian:

1. **Bring this completed log** to your appointment
2. **Say this exact phrase:** "My cat is peeing everywhere, not just near the box. Here's exactly when and where it happens for the past [number] days."
3. **Request these tests:** Urinalysis WITH culture, Bloodwork (CBC/chemistry), and discuss abdominal ultrasound
4. **Show your pattern analysis** from above sections

Vet Appointment Notes:

Date: _____ | Vet Clinic: _____

Diagnosis: _____

Tests Performed: Urinalysis Culture Bloodwork Ultrasound X-ray

Medications Prescribed: _____

Follow-up Date: _____ | Next Steps: _____