

Roam to Home Planner



HINT: Print and stick this planner to your fridge or somewhere you'll see it every day to keep you on track and observe your cat.



1 | Complete our checklist in Step 1, then you can start working with your cat to reduce their roaming.

2 | For a week or two, aim to do the following for your cat each day (white box) and observe it (blue box). Record your progress by crossing out, circling or making notes.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<input type="checkbox"/> A treat for being in Meal <input type="text"/> mins before let out <input type="checkbox"/> Play <input type="checkbox"/> Cuddles <input type="checkbox"/> Training	<input type="checkbox"/> A treat for being in Meal <input type="text"/> mins before let out <input type="checkbox"/> Play <input type="checkbox"/> Cuddles <input type="checkbox"/> Training	<input type="checkbox"/> A treat for being in Meal <input type="text"/> mins before let out <input type="checkbox"/> Play <input type="checkbox"/> Cuddles <input type="checkbox"/> Training	<input type="checkbox"/> A treat for being in Meal <input type="text"/> mins before let out <input type="checkbox"/> Play <input type="checkbox"/> Cuddles <input type="checkbox"/> Training	<input type="checkbox"/> A treat for being in Meal <input type="text"/> mins before let out <input type="checkbox"/> Play <input type="checkbox"/> Cuddles <input type="checkbox"/> Training	<input type="checkbox"/> A treat for being in Meal <input type="text"/> mins before let out <input type="checkbox"/> Play <input type="checkbox"/> Cuddles <input type="checkbox"/> Training	<input type="checkbox"/> A treat for being in Meal <input type="text"/> mins before let out <input type="checkbox"/> Play <input type="checkbox"/> Cuddles <input type="checkbox"/> Training
Stayed in <input type="text"/> mins after meal <input type="checkbox"/> Played inside	Stayed in <input type="text"/> mins after meal <input type="checkbox"/> Played inside	Stayed in <input type="text"/> mins after meal <input type="checkbox"/> Played inside	Stayed in <input type="text"/> mins after meal <input type="checkbox"/> Played inside	Stayed in <input type="text"/> mins after meal <input type="checkbox"/> Played inside	Stayed in <input type="text"/> mins after meal <input type="checkbox"/> Played inside	Stayed in <input type="text"/> mins after meal <input type="checkbox"/> Played inside
Day []	Day []	Day []	Day []	Day []	Day []	Day []
<input type="checkbox"/> A treat for being in Meal <input type="text"/> mins before let out <input type="checkbox"/> Play <input type="checkbox"/> Cuddles <input type="checkbox"/> Training	<input type="checkbox"/> A treat for being in Meal <input type="text"/> mins before let out <input type="checkbox"/> Play <input type="checkbox"/> Cuddles <input type="checkbox"/> Training	<input type="checkbox"/> A treat for being in Meal <input type="text"/> mins before let out <input type="checkbox"/> Play <input type="checkbox"/> Cuddles <input type="checkbox"/> Training	<input type="checkbox"/> A treat for being in Meal <input type="text"/> mins before let out <input type="checkbox"/> Play <input type="checkbox"/> Cuddles <input type="checkbox"/> Training	<input type="checkbox"/> A treat for being in Meal <input type="text"/> mins before let out <input type="checkbox"/> Play <input type="checkbox"/> Cuddles <input type="checkbox"/> Training	<input type="checkbox"/> A treat for being in Meal <input type="text"/> mins before let out <input type="checkbox"/> Play <input type="checkbox"/> Cuddles <input type="checkbox"/> Training	<input type="checkbox"/> A treat for being in Meal <input type="text"/> mins before let out <input type="checkbox"/> Play <input type="checkbox"/> Cuddles <input type="checkbox"/> Training
Stayed in <input type="text"/> mins after meal <input type="checkbox"/> Played inside	Stayed in <input type="text"/> mins after meal <input type="checkbox"/> Played inside	Stayed in <input type="text"/> mins after meal <input type="checkbox"/> Played inside	Stayed in <input type="text"/> mins after meal <input type="checkbox"/> Played inside	Stayed in <input type="text"/> mins after meal <input type="checkbox"/> Played inside	Stayed in <input type="text"/> mins after meal <input type="checkbox"/> Played inside	Stayed in <input type="text"/> mins after meal <input type="checkbox"/> Played inside

3 | Your cat is now spending only one hour out and you're gradually reducing that each day around the same time (record these details to keep you on track)

Day []	Day []	Day []	Day []	Day []	Day []	Day []
<input type="checkbox"/> When my cat asked to go out, I offered alternatives	<input type="checkbox"/> When my cat asked to go out, I offered alternatives	<input type="checkbox"/> When my cat asked to go out, I offered alternatives	<input type="checkbox"/> When my cat asked to go out, I offered alternatives	<input type="checkbox"/> When my cat asked to go out, I offered alternatives	<input type="checkbox"/> When my cat asked to go out, I offered alternatives	<input type="checkbox"/> When my cat asked to go out, I offered alternatives
<input type="checkbox"/> My cat sat at the door before I let them out <input type="checkbox"/> My cat spent time outside Went out at <input type="text"/> am/pm <input type="checkbox"/> I rewarded my cat for being in	<input type="checkbox"/> My cat sat at the door before I let them out <input type="checkbox"/> My cat spent time outside Went out at <input type="text"/> am/pm <input type="checkbox"/> I rewarded my cat for being in	<input type="checkbox"/> My cat sat at the door before I let them out <input type="checkbox"/> My cat spent time outside Went out at <input type="text"/> am/pm <input type="checkbox"/> I rewarded my cat for being in	<input type="checkbox"/> My cat sat at the door before I let them out <input type="checkbox"/> My cat spent time outside Went out at <input type="text"/> am/pm <input type="checkbox"/> I rewarded my cat for being in	<input type="checkbox"/> My cat sat at the door before I let them out <input type="checkbox"/> My cat spent time outside Went out at <input type="text"/> am/pm <input type="checkbox"/> I rewarded my cat for being in	<input type="checkbox"/> My cat sat at the door before I let them out <input type="checkbox"/> My cat spent time outside Went out at <input type="text"/> am/pm <input type="checkbox"/> I rewarded my cat for being in	<input type="checkbox"/> My cat sat at the door before I let them out <input type="checkbox"/> My cat spent time outside Went out at <input type="text"/> am/pm <input type="checkbox"/> I rewarded my cat for being in

Ready to go cold turkey? // No escapes. Doors closed. Plenty of play. Rewards for being home. Clean litter and water. Attention = play or training. Record anything you notice.

Day []	Day []	Day []	Day []	Day []	Day []	Day []

4 | Need help? Check out the *Roam to Home* 'trouble shooting' guide. Dont' forget you might progress quicker or slower and that's okay.