

Your cat's room: an observation sheet

Record visible behaviour and the setting. Keep familiar suitable options. This is a household planning exercise, not a clinical assessment or proof that a change caused an effect.

Sketch: resources, routes and exits

Cat / room / date

Resources / closed doors / possible bottlenecks

Before: time / who was present / what I saw

One change / familiar options kept

After: time / who was present / what I saw

What is still unknown / question for vet

猫咪的房间：资源与通行观察表

记录看得到的行为及当时情境，保留适当且熟悉的选择。本表是家庭规划练习，不是临床评估，也不能证明改变造成了某种效果。

草图：资源、路线和出口

猫咪 / 房间 / 日期

资源 / 关闭的门 / 可能的通行瓶颈

改变前：时间 / 谁在场 / 实际看到了什么

本次只改一项 / 保留了哪些旧选项

改变后：时间 / 谁在场 / 实际看到了什么

仍未知的情况 / 需要询问兽医的问题