

CatWorldly Cat Introduction Progress Tracker

Purpose

Use this as a staged behavior tracker, not a way to force animals together.

Animals involved

Resident cat:

New cat / kitten / dog:

Date started:

Current stage:

Session record

Date:

Stage:

Session duration:

Distance between animals:

Barrier used:

Eating response:

Play response:

Tail notes:

Ear notes:

Posture notes:

Chasing / blocking / fixation:

What worked:

Next session plan:

Reason to slow down or seek help:

Stage 1 - Separate spaces

- ☐ Each animal has a secure room or zone.
- ☐ Food, water, litter or potty access, hiding and rest are separate.
- ☐ Doors, gates or barriers prevent surprise contact.
- ☐ Appetite, litter use and sleep look normal enough to continue.

Stage 2 - Scent exchange

- ☐ Swap bedding, cloths or room scent.
- ☐ Keep swaps brief and calm.
- ☐ Reward sniffing, ignoring or walking away calmly.
- ☐ Stay here longer if either animal hides, refuses food or escalates.

Stage 3 - Visual contact

- ☐ Use a door crack, gate or distance barrier.
- ☐ Keep sessions short.
- ☐ End before staring, stalking, lunging or panic builds.
- ☐ Return to scent work if visual contact is not boring yet.

Stage 4 - Shared-room practice

- ☐ Supervise every meeting.
- ☐ Keep escape routes open.
- ☐ Use distance, treats, toys or calm parallel activity.
- ☐ End after a calm moment instead of waiting for trouble.

Stage 5 - Shared-home resources

- ☐ Add enough litter boxes, food, water, scratchers and resting places.
- ☐ Prevent one animal from blocking doors, hallways, food or litter.
- ☐ Keep the original safe room available as a retreat.

- ☐ Continue short sessions before leaving animals unsupervised.

Slow down if you see

- ☐ Stalking, blocking or repeated chasing.
- ☐ Fixation that cannot be interrupted.
- ☐ Growling, swatting or hissing that escalates.
- ☐ Hiding that increases after sessions.
- ☐ Appetite, urination, stool or sleep changes.
- ☐ A dog fixates, lunges or cannot disengage.
- ☐ The next session plan is only "try longer" without a reason.

When to call a veterinarian

- ☐ Sudden aggression appears with pain, hiding or health changes.
- ☐ Appetite, litter, breathing, vomiting or weakness changes.
- ☐ Any animal is injured during an introduction.
- ☐ Fear or stress is not improving despite slower steps.