Cat Pregnancy Planner

Due date: _____ Bred / mated on: _____ Vet phone: _____

Week-by-week checklist

	When	What's happening	To do
☐	Days 1–21	Little change. 'Pinking up' of nipples around days 16–20; vet may feel kittens from day 17–18.	Book a vet check.
☐	Days 21–42	Ultrasound shows heartbeats from 3–4 weeks; belly grows; often calmer and more affectionate.	Ask the vet about her diet.
☐	Days 42–63+	X-ray count from about 6 weeks; belly and nipples swell; nesting begins.	Set out a quiet nesting box.
☐	Last day	Often stops eating the day before labour; temperature below 100 °F.	Stay nearby and keep the vet's number handy.

When to call the vet straight away

Strong contractions for more than 20 minutes without a kitten; a kitten visible but not delivered within about 10 minutes; she seems unwell at any stage. (Some cats normally rest 24–36 hours between kittens if relaxed and not straining.)

Temperature log (last week of pregnancy)

A rectal temperature below 100 °F (37.8 °C) means labour is likely within the day.

Date	Day of pregnancy	Morning °F	Evening °F	Notes

Birth kit checklist

☐	Clean towels and a lined nesting box
☐	Digital thermometer
☐	Paper towels
☐	Small scale that weighs in ounces
☐	Vet's phone number

Kitten record

Kitten #	Time born	Sex	Weight (oz)	Colour / markings	Notes