

Pet Management Routines

Designed by Life of a Cat Mom

You're one step closer to becoming an expert pet parent! Effective pet management routines are essential for ensuring the well-being, safety, and happiness of your pets.

Establishing a consistent routine helps pets feel secure, reduces anxiety, and promotes healthy behaviors. This document outlines key practices and strategies for managing the daily care of your pets, including feeding schedules, exercise, grooming, and medical care. Whether you're a first-time pet owner or a seasoned caregiver, the following routine samples will help you create a balanced and positive environment for your pets to thrive.



This document will provide three distinct care routines tailored specifically for cats and dogs, addressing their unique needs and behaviors. Whether you're caring for a kitten, a senior dog, or any age in between, these routines will offer practical solutions to help you meet your pet's physical, emotional, and social needs effectively. By following these guidelines, you'll be equipped to create a consistent and enriching environment for your furry companions.

This document was created by Ashley Elizabeth, owner of Life of a Cat Mom.

Routine Sample 1 - Dog household

For the typical 9-5 workday

Time of Day	Tasks
7am - 9am	Breakfast at 7am Short walk immediately after eating Crate rest starts at 7:45 (if working from home, let out at 8:45)* Leave for work around 8am / Start work tasks at 9am
9am - 11am	You're at work, and your dog is sleeping in their crate Or You're working from home and your dog is resting
11am - 1pm	You're on lunch, and you're stopping home to let your dog out to go potty and stretch their legs Or You're on lunch working from home and take a short walk with your dog to go potty
1pm - 3pm	You're at work, and your dog is sleeping in their crate Or You're working from home and your dog is resting
3pm - 5pm	You're at work, and your dog is sleeping in their crate Or You're working from home and your dog is resting
5pm - 7pm	You're heading home from work at 5pm Or You've finished your work at 5pm When you've wrapped up, have a long play/training/walk session with your dog (stop around 6pm) Dinner at 7pm*
7pm - 9pm	Take your dog on a short walk to go potty Crate rest starts at 7:45, let out at 8:45
9pm - 11pm	Last play session Brush your dog's fur or hair
11pm	Last potty outside Crate until the morning Or Sleeping/resting near you until the morning

*dogs need at least an hour of rest after eating to prevent bloat, a serious and fatal medical condition

Routine Sample 2 - Dog household

For the stay at home parent

Time of Day	Tasks
7am - 9am	Breakfast around 8:30 once the kids have gone to school Crate rest starting at 9am*
9am - 11am	Errands or chores at 9am Long walk outside between 10am and 11am
11am - 1pm	You're prepping foods you need for dinner and eating lunch Your dog is resting
1pm - 3pm	Engage in a play or training session with your dog before getting the kids from school Crate rest while you're out
3pm - 5pm	You're picking up kids from school or driving them to practice or a game Your dog is crated and resting or chewing on an enrichment toy
5pm - 7pm	You're preparing dinner for the family and spending quality time with them and your dog
7pm - 9pm	Feed your dog dinner around 8:30 or 9pm after the kids have started to wind down for the night Take your dog on a short walk after they eat
9pm - 11pm	Crate rest after walk You're meal prepping kids lunches or winding down for the night
11pm	Last potty outside Crated until the morning Or Sleeping/resting near you until the morning

*dogs need at least an hour of rest after eating to prevent bloat, a serious and fatal medical condition

Routine Sample 3 - Cat household

For a college student on campus

Time of Day	Tasks
7am - 9am	Feed first meal at 7am or 8am depending on your class schedule Make sure all containers are closed, bags are sealed, any trash is picked up, and the litter box is accessible before you leave for class
9am - 11am	Your cat's resting, you're at class
11am - 1pm	Feed second meal around 12pm or 1pm after a quick play session before your next class
1pm - 3pm	Your cat's resting, you're at class
3pm - 5pm	If you have a sport or extracurricular, your cat is likely sleeping while you're gone
5pm - 7pm	Cat is still sleeping
7pm - 9pm	Feed the last meal around 9 as an enrichment session: training, play, lick mat, or something else.
9pm -11pm	Your cat should be winding down for the night