

Kitten Growth Chart & Vet Visit Planner

Track weight from birth to 12 months and walk into every vet visit prepared.

FREE PRINTABLE

VET-REVIEWED GUIDELINES

Kitten Growth Chart by Age

Rule of thumb: a kitten's weight in pounds roughly matches its age in months, up to about 4-5 months old. Weigh weekly for the first two months, then every 2-4 weeks after.

AGE	TYPICAL WEIGHT	WHAT'S HAPPENING
Birth	3-4 oz (85-113 g)	Eyes closed, fully dependent on mom
1 week	6-8 oz (170-230 g)	Birth weight roughly doubles
2 weeks	7-10 oz (200-280 g)	Eyes open, starting to hear
4 weeks (1 mo)	~1 lb (450 g)	Walking steadily, weaning begins
8 weeks (2 mo)	~2 lb (900 g)	Fully weaned, first vet visit range
12 weeks (3 mo)	~3-3.5 lb (1.4-1.6 kg)	Vaccine series in progress
4 months	~4 lb (1.8 kg)	Adult teeth coming in
6 months	~5.5-6.5 lb (2.5-3 kg)	~75% of adult size; spay/neuter window
8 months	~7-8 lb (3.2-3.6 kg)	Growth rate slowing
10-12 months	7.5-10 lb (f) / 8-12 lb (m)	Near or at adult weight

Weights vary by breed. Large breeds like Maine Coons grow more slowly and can keep filling out until 18-24 months; smaller breeds mature faster. Use this chart as a general guide, not a diagnosis.

Your Kitten's Weight Log

DATE	AGE	WEIGHT	NOTES

When to call the vet: no weight gain for 2+ days in a kitten under 8 weeks, or any kitten consistently underweight for its age. Slow or stalled gain is often the earliest sign of parasites, illness, or a feeding problem.

Vet Visit Prep Checklist

Most kittens need a first exam around 6-8 weeks old, then follow-up visits every 3-4 weeks until roughly 16 weeks to finish the core vaccine series. Check items off before each appointment.

Before Every Visit

- ☐ Secure carrier, lined with a familiar blanket
- ☐ Fresh fecal sample, if requested
- ☐ Prior vaccine / shelter records
- ☐ Current weight (from the log)
- ☐ Behavior or health changes to report
- ☐ Written questions (see right)

Questions Worth Asking

- ☐ Is growth on track for this age?
- ☐ How many calories/meals per day now?
- ☐ When's the next vaccine or booster?
- ☐ Good candidate for spay/neuter yet?
- ☐ Flea/tick/heartworm prevention plan?
- ☐ Signs to watch for before next visit?

Kitten Vaccine & Care Schedule

Timing follows the 2020 AAHA/AAFP Feline Vaccination Guidelines. Your vet may adjust based on health, lifestyle, and local disease risk.

AGE	TYPICAL CARE
6-8 weeks	First exam, FVRCP #1, deworming, fecal parasite check
9-11 weeks	FVRCP #2, FeLV #1, deworming
12-14 weeks	FVRCP #3, FeLV #2
16 weeks	FVRCP #4 (final core dose), rabies
4-6 months	Spay or neuter (AVMA Fix by Five: by 5 months)
12 months	Adult wellness exam; switch to adult food and adult vaccine schedule

FVRCP protects against feline herpesvirus, calicivirus, and panleukopenia. FeLV is treated as core for kittens under 1 year by most practices, indoor or outdoor. Rabies requirements vary by state, check local laws.

This planner is educational and not a substitute for veterinary advice. Confirm vaccine timing, weight targets, and spay/neuter scheduling with your veterinarian, especially for rescue, orphaned, or unwell kittens.

Need a personalized feeding schedule too? Use the free calculator at petfeedcalculator.com/calculators/kitten-feeding-schedule.html