

Cat Weight Chart

Body condition score (1-9 scale) and typical adult weights by breed.

Body condition score: is my cat overweight?

1-3

Too thin

Ribs, spine and hip bones easy to see or feel with no fat cover; obvious waist; little or no belly fat.

4-5

Ideal

Ribs easy to feel under a slight fat cover; waist visible behind the ribs when viewed from above; small belly fat pad.

6-7

Overweight

Ribs hard to feel under fat; waist barely visible or absent; rounded belly with a noticeable fat pad.

8-9

Obese

Ribs cannot be felt under heavy fat; no waist; belly hangs and sways; fat deposits on back, face and legs.

Typical healthy adult weight by breed

Breed	Pounds	Kilograms
Domestic shorthair / longhair	8-11 lb	3.6-5.0 kg
Siamese	6-12 lb	2.7-5.4 kg
Persian	7-12 lb	3.2-5.4 kg
Abyssinian	6-10 lb	2.7-4.5 kg
Bengal	8-15 lb	3.6-6.8 kg
British Shorthair	9-17 lb	4.1-7.7 kg
Scottish Fold	6-13 lb	2.7-5.9 kg
Sphynx	6-12 lb	2.7-5.4 kg
Ragdoll	10-20 lb	4.5-9.1 kg
Maine Coon	10-25 lb	4.5-11.3 kg

*Breed ranges are typical figures and vary between sources; males are usually heavier than females.
Body condition matters more than the number on the scale: a large-framed cat can be heavy and lean.
Ask your veterinarian for your cat's ideal weight before starting a diet; cats should lose weight slowly.*

Cat Weight Tracker

Weigh at the same time of day, on the same scale, every 1-2 weeks.

Cat's name: _____ Target weight: _____ Vet: _____

[illegible]