1. Mimicking natural hunting behaviour i.e. hunting little and often with short bursts of activity, can be a key influence in weight management.
   a. True
   b. False

2. Cats are at higher risk of being overweight throughout adulthood if they:
   a. Had an above-ideal weight by age one
   b. Had a below ideal weight by age one
   c. Had an above ideal weight by age five
   d. Had a below ideal weight by age five

3. What percentage of owners use instinct when assessing how much to feed?
   a. 28%
   b. 55%
   c. 68%
   d. 80%

4. Studies indicate that the average weight loss per week for cats is:
   a. 2-4%
   b. 0.5-1%
   c. 1-1.5%
   d. 5%

5. Measuring cups are considered an accurate way of measuring food for cats.
   a. True
   b. False

6. A body condition score of 6 indicates the cat is how much overweight?
   a. 40%
   b. 30%
   c. 20%
   d. 10%

7. Short play sessions twice daily of how many minutes are recommended
   a. 10mins
   b. 5 mins
   c. 2 mins
   d. 1 min

8. 30g of which substance contains 48 cals?
   a. Ham
   b. Tuna
   c. Chicken
   d. Liver pate