

normal ranges



**MY PET
AT REST**

	70-160	110-180	
RESTING HEART RATE (beats per minute)			
RESTING RESPIRATORY RATE (breaths per minute)	15-30	20-30 A cat that is panting or breathing with their mouth open needs veterinary attention.	
MUCOUS MEMBRANE COLOUR	PINK	PINK	
CAPILLARY REFILL TIME (seconds)	1-2	1-2	
RECTAL TEMPERATURE °C (°F)	37.5-39.2 (99.5-102.5)	37.8-39.2 (100-102.5)	

Practice these checks a few times on your pet when they are healthy and well. Establish what is 'normal' for them. This needs to be done when they are calm and resting.