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Cont.	... up to Day 30				

Note on Hoard Status: When spot-cleaning, check their main burrow. If the hoard is massive and full of uneaten pellets, you are feeding too much or too often.

Phase 4: The System & Hoard Debrief

At the end of the 30 days, sit down with your log and analyze the data to understand your hamster's eating habits.

Ask yourself these diagnostic questions:

1. **Hoard Analysis:** When cleaning the enclosure, what specific ingredients is the hamster consistently leaving behind in their hoard? (e.g., *alfalfa pellets, dried peas*)
2. **Weight Trend:** Did the hamster maintain, gain, or lose weight over the 30 days?
3. **Process Check:** Did my Anchor Moment work, or did I find myself forgetting to give fresh vegetables on schedule?

*(Tip: If you aren't sure if your hamster's diet is balanced based on what they are leaving behind, plug your seed mix into the **Hamstervelora balanceIQ** tool to check for nutritional gaps!)*

Phase 5: The Dietary Refinement Loop

Use your insights from Phase 4 to upgrade your feeding strategy for the next 30-day cycle.

The Dietary Obstacle Was:	My New Strategy to Overcome It Is:	Refined Routine for the Next Cycle Is:
Hamster is leaving all the pellets in the hoard.	I am feeding too much too often, allowing them to be picky.	I will reduce the base mix by 0.5 tbsp and strictly wait 3 full days before adding a new mix.
I keep forgetting to give fresh vegetables.	I need a better visual cue in my own kitchen.	I will prep the hamster's weekly veggies in a small container in the fridge right next to my own snacks.
Hamster gained 10 grams in a month.	Too many fatty treats during taming sessions.	I will cut out sunflower seeds as a daily treat and swap to low-fat options like flax sprays.
