



*Fetal kick counts are an easy way to monitor your baby's health.
If you have any concerns, please call your doctor's office.*

1. Choose a Time:

- Pick a time when your baby is usually active (e.g., after meals or in the evening).
- Set aside a quiet place where you can sit or lie down comfortably.
- You can drink a cold or sweet beverage (water) and lie down on your left side to help wake up the baby.

2. Count Movements:

- Count every distinct movement, such as kicks, rolls, or jabs.
- Do not count hiccups as movements.

3. Track the Time:

- Record how long it takes to feel 10 movements. Most babies move 10 times within 2 hours.

4. Repeat daily in the third trimester

GESTATIONAL AGE: _____ weeks

Count the time it takes for the baby to move 10 times:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Start Time							
	10 kicks	10 kicks	10 kicks	10 kicks	10 kicks	10 kicks	10 kicks
End Time							

Count total movements you feel in 2 hours:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Start Time							
End Time							
# of Fetal Movements							

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GESTATIONAL AGE: _____ weeks

Count the time it takes for the baby to move 10 times:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Start Time							
	10 kicks	10 kicks	10 kicks	10 kicks	10 kicks	10 kicks	10 kicks
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Count total movements you feel in 2 hours:

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Start Time							
End Time							
# of Fetal Movements							