

FETAL KICK COUNT CHART

		How many hours did it take to feel 10 movements?												How many hours did it take to feel 10 movements?													
		START TIME	1	2	3	4	5	6	7	8	9	10	FINISH TIME			START TIME	1	2	3	4	5	6	7	8	9	10	FINISH TIME
Week 28	Mon.													Week 35	Mon.												
	Tue.														Tue.												
	Wed.														Wed.												
	Thu.														Thu.												
	Fri.														Fri.												
	Sat.														Sat.												
	Sun.														Sun.												
Week 29	Mon.													Week 36	Mon.												
	Tue.														Tue.												
	Wed.														Wed.												
	Thu.														Thu.												
	Fri.														Fri.												
	Sat.														Sat.												
	Sun.														Sun.												
Week 30	Mon.													Week 37	Mon.												
	Tue.														Tue.												
	Wed.														Wed.												
	Thu.														Thu.												
	Fri.														Fri.												
	Sat.														Sat.												
	Sun.														Sun.												
Week 31	Mon.													Week 38	Mon.												
	Tue.														Tue.												
	Wed.														Wed.												
	Thu.														Thu.												
	Fri.														Fri.												
	Sat.														Sat.												
	Sun.														Sun.												
Week 32	Mon.													Week 39	Mon.												
	Tue.														Tue.												
	Wed.														Wed.												
	Thu.														Thu.												
	Fri.														Fri.												
	Sat.														Sat.												
	Sun.														Sun.												
Week 33	Mon.													Week 40	Mon.												
	Tue.														Tue.												
	Wed.														Wed.												
	Thu.														Thu.												
	Fri.														Fri.												
	Sat.														Sat.												
	Sun.														Sun.												
Week 34	Mon.													Week 41	Mon.												
	Tue.														Tue.												
	Wed.														Wed.												
	Thu.														Thu.												
	Fri.														Fri.												
	Sat.														Sat.												
	Sun.														Sun.												

EACH MORNING, WRITE DOWN THE TIME AND START TO COUNT THE MOVEMENTS OF YOUR BABY. KEEP TRACK BY CHECKING OFF ONE BOX EVERY TIME YOU FEEL ONE MOVEMENT. WHEN YOU HAVE FELT 10 "KICKS," WRITE DOWN THE TIME YOU FINISHED COUNTING IN THE LAST COLUMN. THEN FILL IN THE BOX (OVER THE CHECK MARK) FOR THE NUMBER OF HOURS IT TOOK. BE SURE TO READ THE COMPLETE INSTRUCTIONS ON THE OTHER SIDE.

IF BABY DOES NOT MOVE TEN(10) TIMES IN 3 HRS, CONTACT THE OFFICE OR PHYSICIAN ON CALL IMMEDIATELY