

Kick Counts - Instructions:

Fetal kick count

- Write in the date and time that you start the kick count.
- Count these kicks at a time every day when your baby seems to be most active.
- Count movements until your baby moves 10 times. **Kicks = movements, twists or turns.**
- Make an 'X' next to the minutes it took your baby to move 10 times.
- If you have trouble getting your baby to move, get up and move around for a bit and drink fruit juice. Then, lay down and try counting again.
- If there is a significant decrease in your baby's activity level, or if you cannot get the baby to move, contact your physician.

Time	Week:								Week:								Week:							
	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S			
Minutes	10							10							10									
	20							20							20									
	30							30							30									
	40							40							40									
	50							50							50									
Hours	1							1							1									
	1.5							1.5							1.5									
	2							2							2									
	2.5							2.5							2.5									

Time	Week:								Week:								Week:							
	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S			
Minutes	10							10							10									
	20							20							20									
	30							30							30									
	40							40							40									
	50							50							50									
Hours	1							1							1									
	1.5							1.5							1.5									
	2							2							2									
	2.5							2.5							2.5									

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	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S			
Minutes	10							10							10									
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