

MONITOR YOUR BABY EVERY DAY - AT LEAST 10 KICKS IN 2 HOURS

MONTH _____

Week 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date	Date	Date	Date	Date	Date	Date
Start	Start	Start	Start	Start	Start	Start
Kicks	Kicks	Kicks	Kicks	Kicks	Kicks	Kicks
End	End	End	End	End	End	End

Week 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date	Date	Date	Date	Date	Date	Date
Start time	Start	Start	Start	Start	Start	Start
Kicks	Kicks	Kicks	Kicks	Kicks	Kicks	Kicks
End time	End	End	End	End	End	End

Week 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date	Date	Date	Date	Date	Date	Date
Start time	Start	Start	Start	Start	Start	Start
Kicks	Kicks	Kicks	Kicks	Kicks	Kicks	Kicks
End time	End	End	End	End	End	End

Week 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date	Date	Date	Date	Date	Date	Date
Start time	Start	Start	Start	Start	Start	Start
Kicks	Kicks	Kicks	Kicks	Kicks	Kicks	Kicks
End time	End	End	End	End	End	End



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Saint Joseph Medical Center

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Fetal Kick Count Record

Keeping track of your baby's movements is one way to tell that your baby is doing well. Monitor your baby's movements at least once every day.

1. If possible, lie on your left side. This position increases blood flow to the fetus.
2. Note the time and begin counting movements and recording them with a slash mark next to the word kicks on the chart on the back of this page. Placing hands on the abdomen may be helpful.
3. A fetal movement may be a discrete kick, a stretch, or a roll-over.
4. Strive for at least 10 kicks in 2 hours. If 10 kicks are readily obtained, the procedure may be discontinued until the next day.
5. If 10 kicks are not felt the first hour, drink some juice or water and continue counting.
6. If 10 kicks are not felt within 2 hours, notify your doctor immediately for further instruction.
7. Bring your fetal kick count record to each prenatal visit and discuss with your healthcare provider.