



Fetal Kick Counts

Count your baby's movements once a day at approximately the same time every day.
Lie on your left side and use the chart below to record how many minutes it takes you to feel your baby move 10 times.
You may stop counting after 10 movements, this includes kicks, flutters, rolls etc.

If it takes more than 1 hours to feel 10 movements, call your midwife immediately.

Client Name: _____

| Date | Start Time | Movements | | | | | | | | | | End Time | Total Time |
|------------|------------|-----------|---|---|---|---|---|---|---|---|---|----------|------------|
| 08/01/2020 | 7:05 | X | X | X | X | X | X | X | X | X | X | 7:38 | 33 |
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