

FETAL MOVEMENT COUNT CHART

During the second trimester, you will start noticing the baby's regular movement and activity. **Around 20 weeks, start getting familiar with your baby's movement.** At 28 weeks, your provider will instruct you to start counting the kicks and baby's movement patterns daily.

HOW DO YOU COUNT THE KICKS?

Generally, your baby should kick 10 times in 2 hours. Keep in mind, your baby may be more active when you are relaxing, sitting, after physical activity or eating a meal or something sweet (when the blood sugar is higher).

There are different ways kick counts can be done.

- **Tracking the time:** you watch the time it takes for you to feel 10 kicks or some other movement.
- **Tracking the kicks:** You try to count the number of kicks you feel in one hour.

KICK COUNTING TIPS

- Try to count the baby's kicks when your baby is typically active (do this at the same time of day)
- Find a comfortable place and position (sitting or lying down)
- Try to identify the movements: are they rolls, kicks, swishing, or flutters?
- Use a chart to record the times and movements

CALL YOUR DOCTOR IMMEDIATELY IF:

- If you notice a major change in daily movement
- If you do not record ten movements within two hours
- Something does not feel right

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DATE							
START TIME							
END TIME							
FETAL MOVEMENTS							

Your Name:

Use this table if you are noticing any changes or something does not feel right.

Learn more:

Count the Kicks. Count the Kicks. countthekicks.org

American College of Obstetricians and Gynecologists. Special Tests for Monitoring Fetal Well-Being. bit.ly/4od1Gvm

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