



NAME _____

Fetal Movement Chart

1. A daily Record of your baby’s movement can provide helpful information about its health
2. Select ½ an hour each day during which you count you baby’s movements. A movement can be a kick, turn or swish.
3. Lying on your left side, in a quiet room, without distraction may help you count movements. Drink Cold water and/or eat prior to starting the kick counts.
4. Call your doctor at the number above if:
 - a. Your baby moves less than 4 times during that hour
 - b. Your baby does not move for 12 hours
 - c. Or you note a trend over several days of decreasing fetal activity
5. Bring this care with you to your visits.

	Monday	Tues	Wed	Thurs	Friday	Sat	Sun
Date							
Time							
# of movements							

	Monday	Tues	Wed	Thurs	Friday	Sat	Sun
Date							
Time							
# of movements							

	Monday	Tues	Wed	Thurs	Friday	Sat	Sun
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