

Dr. Martin's Ob/Gyn

Fetal Kick Count

Count fetal movements each day at the baby's "busy times". This is usually in the evening, at bedtime, after meals or after exercise. Try to count at about the same time each day. This will help you get a sense of your baby's usual patterns of activity. Each day at the chosen time, lie on your side or sit in a comfortable chair. No TV/phone/electronics. Write down the time you feel the first of your baby's movements and make a mark for each movement you feel after that. Count each twist, turn, flutter, swish, kick, and elbow you feel. (You won't need to count hiccups.) Continue counting until you've marked 10 movements. Record the time of the 10th movement. If your baby is quiet, drink a large glass of cold juice, go for a 5 mins walk and start over. A healthy baby should have 10 kicks in less than 2 hours. Most babies will take less than 30 minutes. Go to the hospital right away if there is a significant change in the movements or no movements at all after 2 hours.

Week 28	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start Time							
Stop Time							
Mins to 10							

Week 29	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start Time							
Stop Time							
Mins to 10							

Week 30	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start Time							
Stop Time							
Mins to 10							

Week 31	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start Time							
Stop Time							
Mins to 10							

Week 32	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start Time							
Stop Time							
Mins to 10							

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Week 33	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start Time							
Stop Time							
Mins to 10							

Week 34	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start Time							
Stop Time							
Mins to 10							

Week 35	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start Time							
Stop Time							
Mins to 10							

Week 36	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start Time							
Stop Time							
Mins to 10							

Week 37	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start Time							
Stop Time							
Mins to 10							

Week 38	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start Time							
Stop Time							
Mins to 10							

Week 39	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start Time							
Stop Time							
Mins to 10							