

# kick count chart

**INSTRUCTIONS:**

Starting at about 28-30 weeks, regularly set aside time when your baby is most active, usually after meals or in the evening, and get into a comfortable position. Count the time it takes for your baby to make 10 movements, which include kicks, turns, twists, swishes, rolls and jabs. Record the time you start, and again when you have felt ten movements. Since babies have sleep cycles, your baby may not kick as expected within a two-hour period. If, so wake your baby up by drinking fluids and walking around for 5 minutes, then repeat the kick count. Contact your midwife if your baby still has less than 10 movements in 2 hours. **DO NOT WAIT 24 HOURS!** Also, look for significant deviations from your baby's regular patterns over the course of a few days and contact your midwife if you notice changes.

				I am in my _____ week of pregnancy			
Day & Date	Sun	Mon	Tues	Wed	Thu	Fri	Sat
Start time							
Stop time							
Minutes to reach 10 movements							

				I am in my _____ week of pregnancy			
Day & Date	Sun	Mon	Tues	Wed	Thu	Fri	Sat
Start time							
Stop time							
Minutes to reach 10 movements							

				I am in my _____ week of pregnancy			
Day & Date	Sun	Mon	Tues	Wed	Thu	Fri	Sat
Start time							
Stop time							
Minutes to reach 10 movements							

				I am in my _____ week of pregnancy			
Day & Date	Sun	Mon	Tues	Wed	Thu	Fri	Sat
Start time							
Stop time							
Minutes to reach 10 movements							