

Kick Counter Worksheet

- Count the time it takes for your baby to make 10 movements (kicks, turns, rolls and jabs)
- Your baby should move at least 10 times within 2 hours.
- Select a time of day when baby is usually active - fetal movement typically peaks after dinnertime.
- You should plan to do your Kick Counts around the same time every day.
- Get in a comfortable position before you start timing movements.
- Make note of the time that you begin counting, and the time at which you feel the 10th movement.
- **CONTACT YOUR CARE PROVIDER IMMEDIATELY** if you do not feel 10 separate movements within 2 hours!!!
- Be sure to let them know if there is a significant change in the pattern of movements from day to day.
- Questions? For more information go to www.countthekicks.org

Week 30

Date							
Start Time							
End Time							
Total Time							

Week 31

Date							
Start Time							
End Time							
Total Time							

Week 32

Date							
Start Time							
End Time							
Total Time							

Week 33

Date							
Start Time							
End Time							
Total Time							

Week 34

Date							
Start Time							
End Time							
Total Time							

Week 35

Date							
Start Time							
End Time							
Total Time							

Week 36

Date							
Start Time							
End Time							
Total Time							

Week 37

Date							
Start Time							
End Time							
Total Time							

Week 38

Date							
Start Time							
End Time							
Total Time							

Week 39

Date							
Start Time							
End Time							
Total Time							

Week 40

Date							
Start Time							
End Time							
Total Time							

Week 41

Date							
Start Time							
End Time							
Total Time							

Week 42

Date							
Start Time							
End Time							
Total Time							