

Kick Count Chart

INSTRUCTIONS:

- Count the time it takes for your baby to make 10 movements which include kicks, turns, twists, swishes, rolls and jabs. **Your baby should move 10 times in less than 2 hours.**
- **Select a time of the day when your baby is usually active.** For most women, fetal movement typically peaks after meals, after activity, and in the evening.
- Do the Kick Count roughly **at the same time every day.**
- Get in a comfortable sitting or lying position.
- Record the **time of the baby's first kick (movement) and the time of the 10th kick.**
- Since healthy babies have sleep cycles, your baby may not kick, or kick less than usual, or have less than 10 kicks in 2 hours. If so, wake up the baby by drinking fluid or by walking for 5 minutes. **Repeat the kick count.**
- **Contact the office** if your baby still has less than 10 kicks in 2 hours or if there is a decrease or significant change in the fetal movement.
- **Do not wait 24 hours.**

EXAMPLE

Week 39							
Day	S	M	T	W	T	F	S
Date	May 1	May 2	May 3	May 4	May 5	May 6	May 7
Start Time	8:20	8:45	8:45	8:15	8:45	8:00	8:10
End Time	8:30	9:00	9:00	8:35	9:00	8:20	9:10
0							
10	X						
20		X	X		X		
30				X		X	
40							
50							
1 hr.							X
10							
20							
30							
40							
50							
2 hrs.							

Get to know your baby. Be Proactive.
Do Kick Count once a day.

Week 21							
Day	S	M	T	W	T	F	S
Date							
Start Time							
End Time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							

Week 22							
Day	S	M	T	W	T	F	S
Date							
Start Time							
End Time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							

Week 23							
Day	S	M	T	W	T	F	S
Date							
Start Time							
End Time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							

Week 24							
Day	S	M	T	W	T	F	S
Date							
Start Time							
End Time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							

Week 25							
Day	S	M	T	W	T	F	S
Date							
Start Time							
End Time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							

Week 26							
Day	S	M	T	W	T	F	S
Date							
Start Time							
End Time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							

Week 27							
Day	S	M	T	W	T	F	S
Date							
Start Time							
End Time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							

Week 28							
Day	S	M	T	W	T	F	S
Date							
Start Time							
End Time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							

Week 29							
Day	S	M	T	W	T	F	S
Date							
Start Time							
End Time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							

Week 30							
Day	S	M	T	W	T	F	S
Date							
Start Time							
End Time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							

Week 31							
Day	S	M	T	W	T	F	S
Date							
Start Time							
End Time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							

Week 32							
Day	S	M	T	W	T	F	S
Date							
Start Time							
End Time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							



STONE OAK
Womens Center
 OBSTETRICS/GYNECOLOGY

210-614-2229 (BABY)

Week 33							
Day	S	M	T	W	T	F	S
Date							
Start Time							
End Time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							

Week 34							
Day	S	M	T	W	T	F	S
Date							
Start Time							
End Time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							

Week 35							
Day	S	M	T	W	T	F	S
Date							
Start Time							
End Time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							

Week 36							
Day	S	M	T	W	T	F	S
Date							
Start Time							
End Time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							

Week 37							
Day	S	M	T	W	T	F	S
Date							
Start Time							
End Time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							

Week 38							
Day	S	M	T	W	T	F	S
Date							
Start Time							
End Time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							

Week 39							
Day	S	M	T	W	T	F	S
Date							
Start Time							
End Time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							

Week 40							
Day	S	M	T	W	T	F	S
Date							
Start Time							
End Time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							

Week 41							
Day	S	M	T	W	T	F	S
Date							
Start Time							
End Time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							