

# Fetal Movement Chart

## Preferred Women's Healthcare

Healthy babies move a lot. We are asking you to monitor your baby daily. What we would like for you to do is to go in and lay down on your left side, usually after dinner daily. We want you to count the amount of times that your baby kicks or moves. Any type of movement counts except hiccups. When you get to 10 movements or "kicks", which usually only takes 15 - 20 minutes, you may stop for the day and record below. If your baby does not move 10 times within one hour we want you to lay down for a second hour and watch for the baby to move again. If the baby doesn't move 10 times in the second hour then we want you to call our office 24 hours a day at **770-962-5100**. Please remember to bring this chart with you at your next doctor's visit.

**Circle the letter corresponding to the numbers of minutes**

- A = 0 - 15 minutes
- B = 16 - 30 minutes
- C = 31 - 45 minutes
- D = 46 - 60 minutes

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	A B C D	A B C D	A B C D	A B C D	A B C D	A B C D	A B C D
29	A B C D	A B C D	A B C D	A B C D	A B C D	A B C D	A B C D
30	A B C D	A B C D	A B C D	A B C D	A B C D	A B C D	A B C D
31	A B C D	A B C D	A B C D	A B C D	A B C D	A B C D	A B C D
32	A B C D	A B C D	A B C D	A B C D	A B C D	A B C D	A B C D
33	A B C D	A B C D	A B C D	A B C D	A B C D	A B C D	A B C D
34	A B C D	A B C D	A B C D	A B C D	A B C D	A B C D	A B C D
35	A B C D	A B C D	A B C D	A B C D	A B C D	A B C D	A B C D
36	A B C D	A B C D	A B C D	A B C D	A B C D	A B C D	A B C D
37	A B C D	A B C D	A B C D	A B C D	A B C D	A B C D	A B C D
38	A B C D	A B C D	A B C D	A B C D	A B C D	A B C D	A B C D
39	A B C D	A B C D	A B C D	A B C D	A B C D	A B C D	A B C D
40	A B C D	A B C D	A B C D	A B C D	A B C D	A B C D	A B C D
41	A B C D	A B C D	A B C D	A B C D	A B C D	A B C D	A B C D
42	A B C D	A B C D	A B C D	A B C D	A B C D	A B C D	A B C D

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