Women's Associates, P.C.
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Count your baby's movements

Each morning, write down the time and start to count the movements of your baby. Keep track by checking off one box every time you feel one movement. When you have felt 10 "kicks," write down the time you finished counting in the last column.

		START TIME	How many hours did it take to feel 10 movements? 1	2	3	4	5	6	7	8	9	10	FINISH TIME
Week 28	Mon.												
	Tue.												
	Wed.												
	Thu.												
	Fri.												
	Sat.												
	Sun.												
Week 29	Mon.												
	Tue.												
	Wed.												
	Thu.												
	Fri.												
	Sat.												
	Sun.												
Week 30	Mon.												
	Tue.												
	Wed.												
	Thu.												
	Fri.												
	Sat.												
	Sun.												
Week 31	Mon.												
	Tue.												
	Wed.												
	Thu.												
	Fri.												
	Sat.												
	Sun.												
Week 32	Mon.												
	Tue.												
	Wed.												
	Thu.												
	Fri.												
	Sat.												
	Sun.												
Week 33	Mon.												
	Tue.												
	Wed.												
	Thu.												
	Fri.												
	Sat.												
	Sun.												
Week 34	Mon.												
	Tue.												
	Wed.												
	Thu.												
	Fri.												
	Sat.												
	Sun.												

		START TIME	How many hours did it take to feel 10 movements? 1	2	3	4	5	6	7	8	9	10	FINISH TIME
Week 35	Mon.												
	Tue.												
	Wed.												
	Thu.												
	Fri.												
	Sat.												
	Sun.												
Week 36	Mon.												
	Tue.												
	Wed.												
	Thu.												
	Fri.												
	Sat.												
	Sun.												
Week 37	Mon.												
	Tue.												
	Wed.												
	Thu.												
	Fri.												
	Sat.												
	Sun.												
Week 38	Mon.												
	Tue.												
	Wed.												
	Thu.												
	Fri.												
	Sat.												
	Sun.												
Week 39	Mon.												
	Tue.												
	Wed.												
	Thu.												
	Fri.												
	Sat.												
	Sun.												
Week 40	Mon.												
	Tue.												
	Wed.												
	Thu.												
	Fri.												
	Sat.												
	Sun.												
Week 41	Mon.												
	Tue.												
	Wed.												
	Thu.												
	Fri.												
	Sat.												
	Sun.												