

Kick Count Work Sheet

“Kick count” is the counting and tracking of fetal movement - kicks, flutters, swishes, jabs or rolls. See *Fetal Movement Record / Kick Count Handout* for detailed descriptions and instructions.

Enter the *start time* and put an x in the box representing the total time it took to get to 10 movements. Watch for patterns or significant deviations in the position of the x’s.

		Week:							Week:						
		M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su
Time:															
Min	10														
	15														
	20														
	25														
	30														
	35														
	40														
	45														
	50														
	55														
Hr, min	1														
	1,05														
	1,10														
	1,15														
	1,20														
	1,25														
	1,30														
	1,35														
	1,40														
	1,45														
	1,50														
	1,55														
	2														
	2,05														
	2,10														
	2,15														
Longer															

If you’ve been busy or are unsure about movement relax and have a meal, a small glass of juice or some fruit. Palpate your baby to induce movement. Pay attention to the movements. Babies sleep. If your blood sugar is low then so is your baby’s. The current recommendation is at least 10 movements over 2 hours (it usually takes much less time), and at least one movement in the first hour.