



Fetal Movement Record

Start recording your baby’s movements on this chart every night starting at the beginning of the 35th week of your pregnancy and continue until you deliver. Movements include all kicks, flutters, twists, and turns, so if the baby moves its body and then kicks its two feet, that is three movements. A healthy baby is very active when it is receiving food and oxygen from the placenta. We want to know how long it takes for your baby to move 10 times.

Instructions

1. Pick a time that your baby is normally active (for example, right after you go to bed or eat), and lie down on your side (not your back). It may be helpful to place both hands on your abdomen.
2. Write the time that you lie down on the “Start Time” line that corresponds with the day and date. Then start counting your baby’s movements.
3. When the baby moves for the 10th time, write the time on the “Stop Time” line. Write the number of minutes from the Start Time to the Stop Time on the “Minutes” line.
4. If it takes longer than 2 hours for the baby to move 10 times, or if the baby is taking longer and longer to move 10 times each session, call your midwife.
5. Bring this paper to every prenatal appointment and give it to your midwife when you go into labor.

	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Mon	Tues	Wed	Thur	Fri	Sat
Date														
Start Time														
Stop Time														
Minutes														
Date														
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