

Kick Count Chart

Week: ____ Dates: ____ - ____

Day	Sun		Mon		Tue		Wed		Thu		Fri		Sat	
	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm
Start time														
Stop time														
Minutes to reach 10														

Week: ____ Dates: ____ - ____

Day	Sun		Mon		Tue		Wed		Thu		Fri		Sat	
	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm
Start time														
Stop time														
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	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	am	pm
Start time														
Stop time														
Minutes to reach 10														

INSTRUCTIONS

To do a fetal kick count, sit comfortably or lie down on your side. Write down the time you feel the first kick in "Start time" and continue counting them until you feel the 10th kick. Note that time in "Stop time." Take the difference between the two and record it in "Minutes to reach 10."