

# Counting your *baby's kicks*

Feeling your baby move is an exciting part of pregnancy! It's recommended to start counting every day around 28 weeks. We've included a log to help you keep track of your baby's typical movements.

## *Here's what you need:*

a clock or watch, a pen or pencil, and your kick count log.

## *Here are the steps:*








1. Lie on your side or sit with your feet up. It's best to do this when your baby is usually active.
2. Count your baby's movements once a day, around the same time each day.
3. Time how long it takes to feel 10 movements. After a few days, you'll know what's normal for your baby.
4. If you don't feel 10 movements in an hour, have something to eat or drink, and count for another hour. If you still don't feel at least 10 movements after the second hour, call your doctor.



**Call your doctor right away if there's a change in what's normal for your baby.**








Week # \_\_\_\_\_ Start date: \_\_\_\_\_

How long does it take for baby to move 10 times?

Day	MON	TUE	WED	THU	FRI	SAT	SUN
Start time							
Count the kicks							
End time							
Minutes							








Week # \_\_\_\_\_ Start date: \_\_\_\_\_

How long does it take for baby to move 10 times?

Day	MON	TUE	WED	THU	FRI	SAT	SUN
Start time							
Count the kicks							
End time							
Minutes							

Week # \_\_\_\_\_ Start date: \_\_\_\_\_

How long does it take for baby to move 10 times?








Day	MON	TUE	WED	THU	FRI	SAT	SUN
Start time							
Count the kicks							
End time							
Minutes							

---

---








Week # \_\_\_\_\_ Start date: \_\_\_\_\_

How long does it take for baby to move 10 times?

Day	MON	TUE	WED	THU	FRI	SAT	SUN
Start time							
Count the kicks							
End time							
Minutes							








Week # \_\_\_\_\_ Start date: \_\_\_\_\_

How long does it take for baby to move 10 times?

Day	MON	TUE	WED	THU	FRI	SAT	SUN
Start time							
Count the kicks							
End time							
Minutes							








Week # \_\_\_\_\_ Start date: \_\_\_\_\_

How long does it take for baby to move 10 times?

Day	MON	TUE	WED	THU	FRI	SAT	SUN
Start time							
Count the kicks							
End time							
Minutes							








Week # \_\_\_\_\_ Start date: \_\_\_\_\_

How long does it take for baby to move 10 times?

Day	MON	TUE	WED	THU	FRI	SAT	SUN
Start time							
Count the kicks							
End time							
Minutes							








Week # \_\_\_\_\_ Start date: \_\_\_\_\_

How long does it take for baby to move 10 times?

Day	MON	TUE	WED	THU	FRI	SAT	SUN
Start time							
Count the kicks							
End time							
Minutes							

Week # \_\_\_\_\_ Start date: \_\_\_\_\_

How long does it take for baby to move 10 times?








Day	MON	TUE	WED	THU	FRI	SAT	SUN
Start time							
Count the kicks							
End time							
Minutes							

---

---








Week # \_\_\_\_\_ Start date: \_\_\_\_\_

How long does it take for baby to move 10 times?

Day	MON	TUE	WED	THU	FRI	SAT	SUN
Start time							
Count the kicks							
End time							
Minutes							

Week # \_\_\_\_\_ Start date: \_\_\_\_\_

How long does it take for baby to move 10 times?








Day	MON	TUE	WED	THU	FRI	SAT	SUN
Start time							
Count the kicks							
End time							
Minutes							

---

---








Week # \_\_\_\_\_ Start date: \_\_\_\_\_

How long does it take for baby to move 10 times?

Day	MON	TUE	WED	THU	FRI	SAT	SUN
Start time							
Count the kicks							
End time							
Minutes							

Week # \_\_\_\_\_ Start date: \_\_\_\_\_

How long does it take for baby to move 10 times?








Day	MON	TUE	WED	THU	FRI	SAT	SUN
Start time							
Count the kicks							
End time							
Minutes							

---

---

Week # \_\_\_\_\_ Start date: \_\_\_\_\_

How long does it take for baby to move 10 times?

Day	MON	TUE	WED	THU	FRI	SAT	SUN
Start time							
Count the kicks							
End time							
Minutes							