



**FETAL KICK COUNT CHART:**

**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. THEN FILL IN THE BOX (OVER THE CHECK MARK) FOR THE NUMBER OF HOURS IT TOOK. BE SURE TO READ THE COMPLETE INSTRUCTIONS ON THE OTHER SIDE.**

**IF BABY DOES NOT MOVE TEN (10) TIMES IN 2 HRS, CONTACT THE OFFICE OR PHYSICIAN ON CALL IMMEDIATELY.**