

# Kick Count Chart

## 30 day fetal movement record



Instructions: Write your start time & stop time. Mark an x in the grey box every time you feel a fetal movement. Stop when you reach 10 movements. Opinions vary on how long it should take to feel 10 movements. Consult your health care provider for specific kick count protocol.

1	start time:						16	start time:					
	stop time:							stop time:					
2	start time:						17	start time:					
	stop time:							stop time:					
3	start time:						18	start time:					
	stop time:							stop time:					
4	start time:						19	start time:					
	stop time:							stop time:					
5	start time:						20	start time:					
	stop time:							stop time:					
6	start time:						21	start time:					
	stop time:							stop time:					
7	start time:						22	start time:					
	stop time:							stop time:					
8	start time:						23	start time:					
	stop time:							stop time:					
9	start time:						24	start time:					
	stop time:							stop time:					
10	start time:						25	start time:					
	stop time:							stop time:					
11	start time:						26	start time:					
	stop time:							stop time:					
12	start time:						27	start time:					
	stop time:							stop time:					
13	start time:						28	start time:					
	stop time:							stop time:					
14	start time:						29	start time:					
	stop time:							stop time:					
15	start time:						30	start time:					
	stop time:							stop time:					