

Fetal Movement Record

Name _____ Estimated Due Date _____

Instructions:

1. Count the movements of your baby sometime after 7:00 in the evening and before you go to sleep for the night.
2. Write down the date and the time you start counting.
3. Write down the time when you feel the 10th movement; then stop counting the movements for that evening.
4. Do this every evening until your baby is born.
5. Bring this record with you to every visit.

Important:

- *If it takes more than two hours to reach 10 movements, call us.*
- *If you notice that every evening the baby takes longer and longer to move 10 times, call us.*

	SUN	MON	TUE	WED	THU	FRI	SAT
Date							
Start time							
Time of 10 th movement							
Total time for 10 movements							
Date							
Start time							
Time of 10 th movement							
Total time for 10 movements							
Date							
Start time							
Time of 10 th movement							
Total time for 10 movements							
Date							
Start time							
Time of 10 th movement							
Total time for 10 movements							

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