Kick Counts

Instructions

1. Count the baby's movements in the evening/night (kicks, swish, or roll).
2. You can start counting any time in the evening/night when the baby is active.
3. Count the baby's movements while lying down on your left side.
4. Mark the time you feel the baby move for the first time.
5. Mark the time you feel the 10^{th} fetal movement.
6. You should feel at least 10 fetal movements within 1 hour.
7. Call the hospital at 362-4061 if you do not feel ten movements within 1 hour or you have not felt the baby move all day.

Don't wait until tomorrow!

Date	Time of first fetal movement	Time of tenth fetal movement	Total time
Example 10/02/08	*7:00 p.m.*	*7:45p.m.*	*45 Minutes*