



Kick Count Chart

What are Kick Counts?

It is normal for your healthy, growing fetus to move frequently in your womb (uterus). You can help look out for the health of your baby by recording a count of the number of times your baby kicks, twists, or turns. Doing this is called Kick Counts. You will usually feel your baby move by the 20th week of pregnancy.

When do I do Kick Counts?

- During your baby's most active time of the day
- When you are doing self-palpation
- After you eat, or after you drink cold water, juice, or milk
- After you have walked for 5 minutes

How do I do Kick Counts?

- Write down the time you start.
- Put a check each time your baby kicks, twists, or turns.
- Do kick counts every day. Try to do them at the same time each day.

What do Kick Counts tell me?

- Most healthy babies move at least 10 times in four hours.
- If your baby kicks less than 10 times in four hours, **call Dr. De Leon right away at 214-879-3505.**

Time	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Start							
1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5
6	6	6	6	6	6	6	6
7	7	7	7	7	7	7	7
8	8	8	8	8	8	8	8
9	9	9	9	9	9	9	9
10	10	10	10	10	10	10	10
End							