



FETAL KICK COUNT RECORD

Why Track Baby's Kicks

Tracking fetal “kicks” or movement is a reliable screening method for monitoring fetal health. By tracking Baby’s movements, you can start to recognize patterns and notice changes such as decreased or increased fetal movement.

When to Track Baby's Kicks

You should start to consistently track Baby’s movements at 28 weeks through the rest of your pregnancy unless your provider instructs otherwise.

How to track Baby's kicks

1. Sit or lie down in a comfortable position
2. Write down the first time your baby moves
3. Count each time your baby moves until you reach 10
4. Write down the time you feel the 10th movement
5. Write down the number of minutes between the 1st movement and the 10th
6. Repeat these steps at approximately the same time each day

You want to feel at least 10 movements within 1 hour. If you do not feel 10 movements in the hour, wait a few hours then try again.

When to Contact your Provider

You should call your Care Center if:

- You don’t feel your baby move after two attempts to track kicks
- There’s a notable increase or decrease in your baby’s movement pattern
- The strength of your baby’s movements becomes weaker

Track Kicks Digitally

You can track Baby’s movements digitally with the Wildflower Health app. As our patient, you will receive an email or text message with instructions to download the app and a personal patient registration code. If you haven’t received an email, please contact your Care Center for assistance.

Alternatively, you can use Healow Mom, Count the Kicks, or another preferred monitoring app.

Week of Pregnancy:							
Day & Date	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Start Time							
Stop Time							
Minutes to 10 movements							

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