



# Fetal Movement Diary



## Fetal Movement Instructions

Taking time to do your kick counts every day will encourage you to rest, bond with your baby, and become familiar with what is normal for you and your baby.

### Get comfortable!

Start by finding a comfortable position during a time when your baby is usually most active. Some moms are most comfortable sitting in a well-supported position with their arms holding their bellies. Others find that lying on their left side allows them to more easily detect movement.

### Write it down

Each time your baby moves, place a mark in the movements box of your diary.

You can stop counting and marking the graph after you have marked ten (10) movements.

## When to call your doctor

If your baby moves less than ten (10) times over 2 hours, or if you notice a change in what is normal for your baby, please call your doctor immediately. Your doctor will want to hear from you with any concerns during your pregnancy.

Trust your instincts!

## Fetal Movement Diary

Please complete this diary every day and bring it with you each time you visit your doctor.

Example:

Day	Date	Start Time	Movement Tally	Stop Time
Sunday	1/3	9:00 pm		9:57 pm
Monday	1/4	6:00 pm		6:14 pm

### Week 1

Day	Date	Start Time	Movement Tally	Stop Time
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

### Week 2

Day	Date	Start Time	Movement Tally	Stop Time
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

### Week 3

Day	Date	Start Time	Movement Tally	Stop Time
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

### Week 4

Day	Date	Start Time	Movement Tally	Stop Time
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



### Week 5

Day	Date	Start Time	Movement Tally	Stop Time
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

### Week 6

Day	Date	Start Time	Movement Tally	Stop Time
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



### Week 7

Day	Date	Start Time	Movement Tally	Stop Time
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

### Week 8

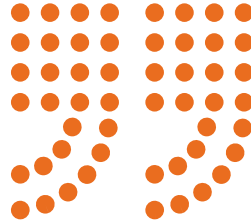
Day	Date	Start Time	Movement Tally	Stop Time
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

## Week 9

Day	Date	Start Time	Movement Tally	Stop Time
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

## Week 10

Day	Date	Start Time	Movement Tally	Stop Time
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



## Hartford HealthCare

Division of Maternal and Fetal Medicine

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