

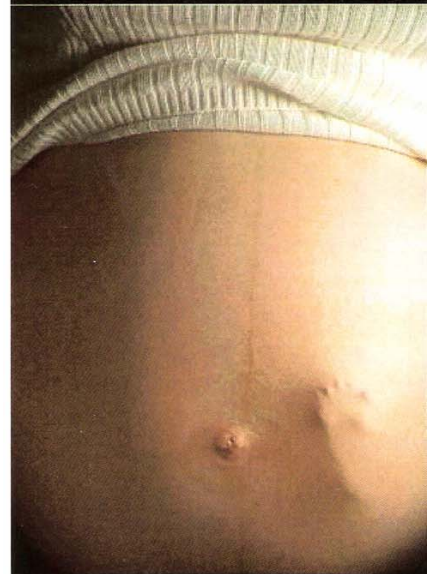
# *From The Baby Kick Alliance*

[www.babykickalliance.org](http://www.babykickalliance.org)

*During the last three months of your pregnancy your baby should be more active. You will begin to notice that the baby has cycles each day, at times very active and at times resting.*

*Counting kicks helps you track your baby's rhythms and helps you bond with your baby. It will also help you notice any changes in your baby's activity that may signal potential problems that need medical attention.*

*Loving  
Attention...*



*Kick counts  
during the  
third trimester*

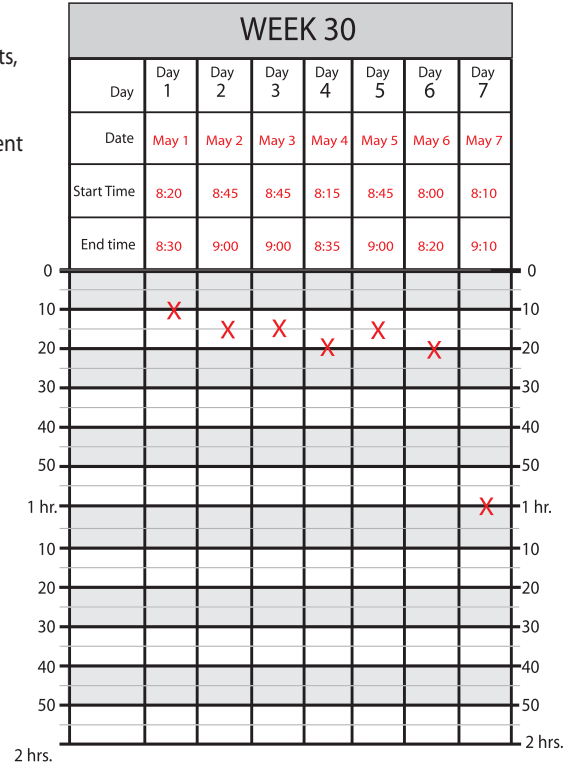
**INSTRUCTIONS:**

Count the time it takes for your baby to make 10 movements which include kicks, turns, twists, swishes, rolls and jabs. **Your baby should move 10 times in less than 2 hours.**

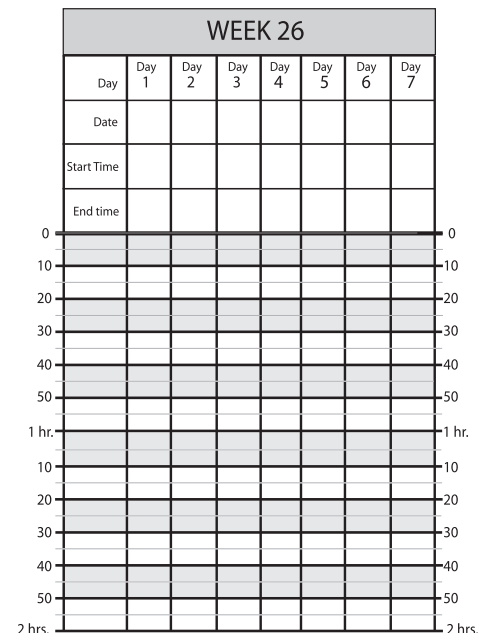
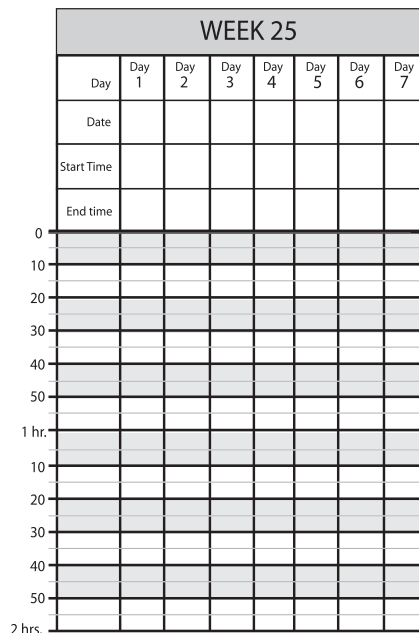
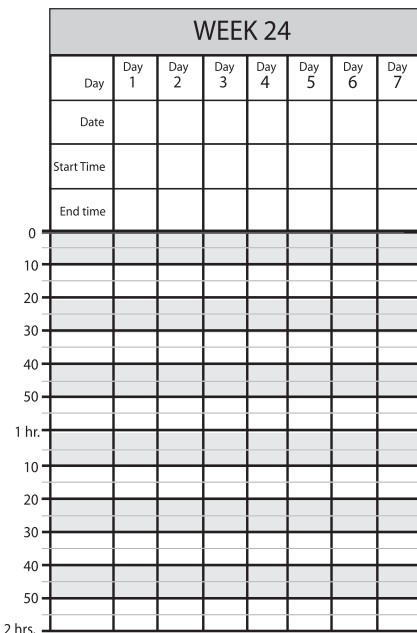
- **Select a time of the day when your baby is usually active.** For most women, fetal movement typically peaks after meals, after activity, and in the evening.
- Do the **Kick Count** roughly **at the same time every day.**
- Get in a comfortable sitting or lying position.
- Jot down the **time of the baby's first kick (movement) and the time of the 10th kick.**
- Since healthy babies have sleep cycles, your baby may not kick, or kick less than usual, or have less than 10 kicks in 2 hours. If so, wake up the baby by drinking fluid or by walking for 5 minutes. **Repeat the kick count.**
- **Contact your provider** if your baby still has less than 10 kicks in 2 hours or if there is a decrease or significant change in the fetal movement.
- **Do not wait 24 hours.**

Get to know your baby. Be Proactive.  
 Do Kick Count once a day.

**EXAMPLE**



**Weeks 24-26**





# Kick Count Chart

## Weeks 27-34

WEEK 27							
Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Date							
Start Time							
End time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							

WEEK 28							
Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Date							
Start Time							
End time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							

WEEK 29							
Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Date							
Start Time							
End time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							

WEEK 30							
Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Date							
Start Time							
End time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							

WEEK 31							
Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Date							
Start Time							
End time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							

WEEK 32							
Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Date							
Start Time							
End time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							

WEEK 33							
Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Date							
Start Time							
End time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							

WEEK 34							
Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Date							
Start Time							
End time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							



# Kick Count Chart

## Weeks 35-42

WEEK 35							
Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Date							
Start Time							
End time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							

WEEK 36							
Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Date							
Start Time							
End time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							

WEEK 37							
Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Date							
Start Time							
End time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							

WEEK 38							
Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Date							
Start Time							
End time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							

WEEK 39							
Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Date							
Start Time							
End time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							

WEEK 40							
Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Date							
Start Time							
End time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							

WEEK 41							
Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Date							
Start Time							
End time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							

WEEK 42							
Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Date							
Start Time							
End time							
0							
10							
20							
30							
40							
50							
1 hr.							
10							
20							
30							
40							
50							
2 hrs.							