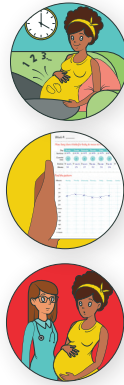# Start at 28 weeks!

1 Count baby's movements every day, once a day, near the same time each day.

2 Time how long it takes your baby to get to 10 movements. After a few days, you will know what is normal for your baby.

3 Call your provider right away if there is a change in what is normal for your baby.

Get ready to count!

- Make sure to have a clock or watch near you.
- Have a pencil or pen near you, too.
- Lie on your side or sit with your feet up.
- Have your chart ready to mark.

Counting kicks is easy

Use one chart each week

1. Write the week of your pregnancy and the date at the start of the week at the top.

2. When you feel your baby move one time, write down the time.

3. Kicks, rolls and jabs count. *Hiccups do not count.*

4. Tick each time you feel your baby move.

5. Write down the time at the 10th movement.

6. Write how many minutes it took for your baby to move 10 times.

7. Put an X on the number of minutes it took for baby to move 10 times.
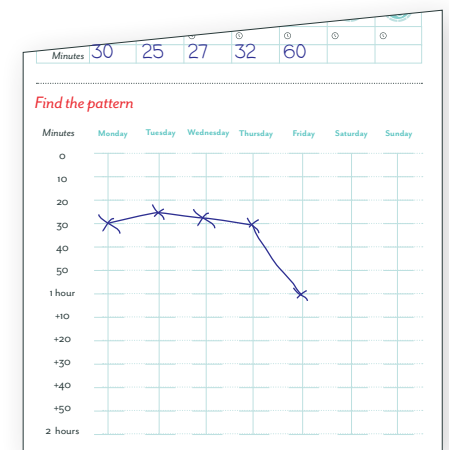
8. Draw a line between each X to help you see a pattern.

9. If the line changes, call your healthcare provider. Call right away!

Week #: 28   **Start Date:** 12/10/19

How long does it take for baby to move 10 times?

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Start time	8:15						
Count the kicks							
End time							
Minutes							

Find the pattern

Minutes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0							

How long does it take for baby to move 10 times?

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Start time	8:15						
Count the kicks							
End time	8:45						
Minutes	30						

Find the pattern

Minutes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0							
10							
20							

How long does it take for baby to move 10 times?

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Start time	8:15	8:18	8:13	8:16			
Count the kicks							
End time	8:45	8:43	8:40	8:48			
Minutes	30	25	27	32			

Find the pattern

Minutes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0							
10							
20							
30							
40							
50							

Minutes	30	25	27	32	60		

Find the pattern

Minutes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0							
10							
20							
30							
40							
50							
1 hour							
+10							
+20							
+30							
+40							
+50							
2 hours							

How long does it take for baby to move 10 times?

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Start time	🕐	🕐	🕐	🕐	🕐	🕐	🕐
Count the kicks							
End time	🕐	🕐	🕐	🕐	🕐	🕐	🕐
Minutes							

Find the pattern

Minutes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0							
10							
20							
30							
40							
50							
1 hour							
+10							
+20							
+30							
+40							
+50							
2 hours							

How long does it take for baby to move 10 times?

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Start time	🕐	🕐	🕐	🕐	🕐	🕐	🕐
Count the kicks							
End time	🕐	🕐	🕐	🕐	🕐	🕐	🕐
Minutes							

Find the pattern

Minutes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0							
10							
20							
30							
40							
50							
1 hour							
+10							
+20							
+30							
+40							
+50							
2 hours							

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count the KicKs — CountTheKicks.org

Print this page 6 times to count weeks 28-40!