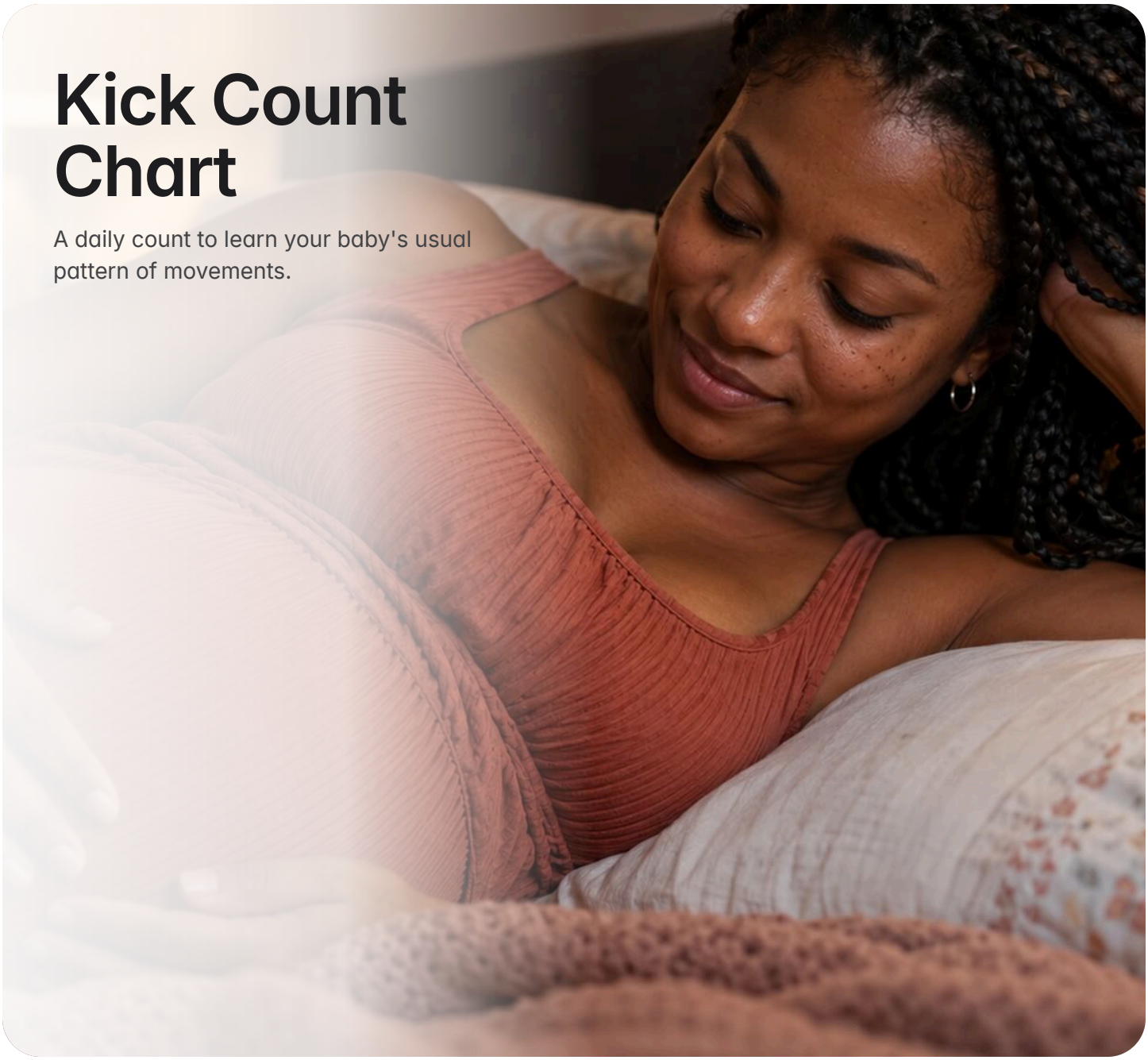
Kick Count Chart

A daily count to learn your baby's usual pattern of movements.



WHY IT HELPS

Every baby has their own pattern of movements. Counting at about the same time each day helps you learn what is usual for your baby, so a change is easier to notice and easier to describe to your care team.

Ask your care team when to start and how to count.

EACH COUNT HAS FOUR SMALL STEPS

Settle	Choose a time your baby is usually active.
Count	Write the start time, then tick each movement.
Stop	Stop at the target your care team gave you.
Compare	Mark whether today felt usual, more or less.

Moving less than usual? Call your midwife, doctor or maternity unit right away, even at night. Do not wait until the next day.

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EXAMPLE · KICK COUNT CHART · ONE WEEK

WEEK OF: Monday, June 8

WEEKS PREGNANT: 31

MY TARGET, FROM MY CARE TEAM: The number Dr. Lee gave me

1 Daily count

Tick a circle for each movement you feel.

	START	END	MOVEMENTS	TIME TAKEN	COMPARED WITH USUAL
Day 1 · Jun 8	7:30 pm	7:52 pm	Reached it	22 min	**Usual** · More · Less
Day 2 · Jun 9	7:15 pm	7:33 pm	Reached it	18 min	**Usual** · More · Less
Day 3 · Jun 10	7:40 pm	8:05 pm	Reached it	25 min	**Usual** · More · Less
Day 4 · Jun 11	8:10 pm	8:24 pm	Reached it	14 min	Usual · **More** · Less
Day 5 · Jun 12	7:25 pm	7:46 pm	Reached it	21 min	**Usual** · More · Less
Day 6 · Jun 13	9:05 pm	9:24 pm	Reached it	19 min	**Usual** · More · Less
Day 7 · Jun 14	7:35 pm	7:55 pm	Reached it	20 min	**Usual** · More · Less

2 Anything different this week

Thursday was busy in the evening, lots of rolls.

Counted later on Saturday after a family dinner.

Ask Dr. Lee about counting while lying down.

My counting plan

Fill this in with your midwife or doctor. Keep it with your chart.

MADE ON

1 How my care team wants me to count

START COUNTING FROM WEEK

MY TARGET

BEST TIME OF DAY

HOW TO COUNT

- Count to a set number
- Count for a set time

2 My baby's usual pattern

Fill in after a few days of counting

MOST ACTIVE

- Morning
- Afternoon
- Evening
- Night

FEELS LIKE

- Kicks
- Rolls
- Flutters
- Swishes
- Jabs

Other

3 My care team's instructions

In their words

4 Who to call

	NAME	PHONE
Midwife or doctor		
Maternity unit		
Someone to call		

Moving less than usual? Call your midwife, doctor or maternity unit right away, even at night. Do not wait until the next day.

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KICK COUNT CHART · ONE WEEK

WEEK OF

WEEKS PREGNANT

MY TARGET, FROM MY CARE TEAM

1 Daily count

Tick a circle for each movement you feel.

Day 1

DATE

START | END | MOVEMENTS | TIME TAKEN

COMPARED WITH USUAL: Usual | More | Less

Day 2

DATE

START | END | MOVEMENTS | TIME TAKEN

COMPARED WITH USUAL: Usual | More | Less

Day 3

DATE

START | END | MOVEMENTS | TIME TAKEN

COMPARED WITH USUAL: Usual | More | Less

Day 4

DATE

START | END | MOVEMENTS | TIME TAKEN

COMPARED WITH USUAL: Usual | More | Less

Day 5

DATE

START | END | MOVEMENTS | TIME TAKEN

COMPARED WITH USUAL: Usual | More | Less

Day 6

DATE

START | END | MOVEMENTS | TIME TAKEN

COMPARED WITH USUAL: Usual | More | Less

Day 7

DATE

START | END | MOVEMENTS | TIME TAKEN

COMPARED WITH USUAL: Usual | More | Less

2 Anything different this week

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KICK COUNT CHART · ONE WEEK

WEEK OF

WEEKS PREGNANT

MY TARGET, FROM MY CARE TEAM

1 Daily count

Tick a circle for each movement you feel.

Day 1

DATE

START | END | MOVEMENTS | TIME TAKEN

COMPARED WITH USUAL: Usual | More | Less

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DATE

START | END | MOVEMENTS | TIME TAKEN

COMPARED WITH USUAL: Usual | More | Less

Day 3

DATE

START | END | MOVEMENTS | TIME TAKEN

COMPARED WITH USUAL: Usual | More | Less

Day 4

DATE

START | END | MOVEMENTS | TIME TAKEN

COMPARED WITH USUAL: Usual | More | Less

Day 5

DATE

START | END | MOVEMENTS | TIME TAKEN

COMPARED WITH USUAL: Usual | More | Less

Day 6

DATE

START | END | MOVEMENTS | TIME TAKEN

COMPARED WITH USUAL: Usual | More | Less

Day 7

DATE

START | END | MOVEMENTS | TIME TAKEN

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WEEK OF

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COMPARED WITH USUAL: Usual | More | Less

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START | END | MOVEMENTS | TIME TAKEN

COMPARED WITH USUAL: Usual | More | Less

Day 5

DATE

START | END | MOVEMENTS | TIME TAKEN

COMPARED WITH USUAL: Usual | More | Less

Day 6

DATE

START | END | MOVEMENTS | TIME TAKEN

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Day 4

DATE

START | END | MOVEMENTS | TIME TAKEN

COMPARED WITH USUAL: Usual | More | Less

Day 5

DATE

START | END | MOVEMENTS | TIME TAKEN

COMPARED WITH USUAL: Usual | More | Less

Day 6

DATE

START | END | MOVEMENTS | TIME TAKEN

COMPARED WITH USUAL: Usual | More | Less

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Day 2 DATE					Usual · More · Less
Day 3 DATE					Usual · More · Less
Day 4 DATE					Usual · More · Less
Day 5 DATE					Usual · More · Less
Day 6 DATE					Usual · More · Less
Day 7 DATE					Usual · More · Less

2 Anything different this week

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WEEK OF

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Day 4

DATE

START | END | MOVEMENTS | TIME TAKEN

COMPARED WITH USUAL: Usual | More | Less

Day 5

DATE

START | END | MOVEMENTS | TIME TAKEN

COMPARED WITH USUAL: Usual | More | Less

Day 6

DATE

START | END | MOVEMENTS | TIME TAKEN

COMPARED WITH USUAL: Usual | More | Less

Day 7

DATE

START | END | MOVEMENTS | TIME TAKEN

COMPARED WITH USUAL: Usual | More | Less

2 Anything different this week

Looking back

At the end of each week, copy what was usual. Bring this page to your appointments.

1 Week by week

#	WEEK OF	WEEKS PREGNANT	USUAL TIME OF DAY	USUAL TIME TAKEN	ANYTHING DIFFERENT
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

2 Calls to my care team

DATE AND TIME	WHAT I NOTICED	WHAT THEY SAID	FOLLOW UP

FOR MY NEXT APPOINTMENT

Questions to raise with my midwife, doctor or care team.