

My First Medical Record



Baby Name

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. Most babies take less than 30 minutes to reach ten movements, but all babies are different.
- 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.
- jot down the time of the baby's first kick (movement) and the time of the 10th kick.
- After 1-2 weeks you will start to notice a pattern for your baby, the average amount of time it takes to get to 10 movements.
- CONTACT YOUR PROVIDER** if your baby has fewer than 10 kicks in 2 hours or if there is a significant change in what is normal for your baby.
- DO NOT WAIT 24 HOURS** if you notice a change. Contact your provider right away.

Sample Kick Counting Chart

DAY:	1	2	3	4	5	6	7
START TIME:	8:20pm	8:45pm	8:45pm	8:15pm	8:45pm	8:00pm	8:10pm
END TIME:	8:30pm	9:00pm	9:00pm	8:35pm	9:00pm	8:20pm	9:10pm
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Start Date: May 1
Week #: 28

Mom's Weight _____

Mom's Tummy _____

Mom's Blood Pressure _____

Baby's Heart Beat _____

Mom's Weight _____

Mom's Tummy _____

Mom's Blood Pressure _____

Baby's Heart Beat _____

DAY:	1	2	3	4	5	6	7
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Week #: _____

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Start Date: _____
Week #: _____



Mom's Weight
Mom's Tummy
 Mom's Blood Pressure
 Baby's Heart Beat

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PLEASE BRING THESE CHARTS TO EVERY APPOINTMENT & REVIEW WITH YOUR PROVIDER.

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Mom's Tummy
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 Baby's Heart Beat

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