

## **Fetal Movement Chart**

- 1. Each day, pick three 30 minute periods when you can lie on your side uninterrupted to count the baby's movement. Choose one period in the morning, one in the afternoon, and one in the evening. Keep in mind that the baby is more active after eating (i.e. breakfast, lunch, and dinner).
- 2. Count and record the number of movements in each period.
- 3. Each day, total and record the number of movements.
- 4. If the total is less than 15, call and notify the office.

<u>Date</u>	Morning	<u>Afternoon</u>	<b>Evening</b>	<u>Total</u>