

PREGNANCY KICK COUNT TRACKER

Weekly Movement Log

Patient Name: _____

Due Date: _____

Week Range: _____

DAY	DATE	START TIME	END (10 KICKS)	DURATION	NOTES
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

How to use:

1. Pick a time when your baby is usually active (often after a meal).
2. Sit comfortably or lie on your side.
3. Record the start time.
4. Count every movement (kicks, flutters, rolls) until you reach 10.
5. Record the time you reached the 10th movement.
6. Contact your healthcare provider immediately if you notice a significant decrease in movement.