Supporting the birth that is right for you!
MOUNTAINBIRTH
Rebecca M. Pugh, RM • CPM • Doula
970 708 1298
Rebecca@MountainBirth.com

Fetal Movement Record

- Be hydrated and well fed when beginning count.
- Schedule one count session daily.
- Schedule session for the same time each day, preferably during a time when the baby is active.
- Chart how long it takes to count 10 movements, when you reach 10 movements record the time it took.
- All movements, even small ones count.
- The ideal count is 10 movements in 10 hours.
- If there are fewer than 10 movements in an hour, if it takes an increasing period of time to reach 10 movements, or if no movements are felt within 10 hours call your midwife.

The below chart may be reproduced for subsequent weeks recording…

Week of_____

Hours taken to feel 10 fetal movements

	Start Time									
Day	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**
Mon										
Tues										
Wed										
Thurs										
Fri										
Sat										
Sun										

Week of_____

Hours taken to feel 10 fetal movements

	Start Time									
Day	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**
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