

KICK TRACKER

In the third trimester, your doctor or midwife will start asking about the daily movement of baby, to be sure she is growing and developing properly. To keep track of baby's kicks, make copies of this page and keep recording. Alert your OB of any big changes to baby's movement patterns—the ideal is to feel at least ten movements in two hours.

level of movement: 1-10

(1 being very inactive or sleepy and 10 being a kick-crazy baby)

morning:

1 2 3 4 5 6 7 8 9 10

midday/afternoon:

1 2 3 4 5 6 7 8 9 10

evening/night:

1 2 3 4 5 6 7 8 9 10

number of movements in two hours: _____

morning:

1 2 3 4 5 6 7 8 9 10

midday/afternoon:

1 2 3 4 5 6 7 8 9 10

evening/night:

1 2 3 4 5 6 7 8 9 10

number of movements in two hours: _____

morning:

1 2 3 4 5 6 7 8 9 10

midday/afternoon:

1 2 3 4 5 6 7 8 9 10

evening/night:

1 2 3 4 5 6 7 8 9 10

number of movements in two hours: _____