



Tracking Your Baby's Movements

Instructions:

- 1) Wait until you are about 28 weeks pregnant
- 2) Choose a time of day when your baby tends to be active
- 3) Sit quietly or lie on your side and try not to be distracted (drink a cup of orange juice right before if needed)
- 4) Time how long it takes to feel 10 distinct movements (i.e. kicks, punches, swooshes and movements)
- 5) As a general rule, 10 movements in 2 hours is the goal
- 6) Remember: Your baby's activity level will vary throughout the day, but you should feel your baby's movements throughout the day, every day (However, you're more likely to notice when you are sitting quietly not doing anything)

RECORD THE TIMES YOU FEEL YOUR BABY MOVES

DATE: _____

Time	Time
1)	6)
2)	7)
3)	8)
4)	9)
5)	10)



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