ALLINA Hospitals & Clinics

Baby's activity record (fetal movement count) worksheet

Once a day during the third trimester of your pregnancy, record your baby's activity. Choose the time of day your baby is the most active, and begin timing fetal movements at about the same time every day.

Call your health care provider if you notice a significant change in your baby's activity (such as fewer than half the number of movements you normally feel) or if your baby has not moved 10 times in 2 hours.

Date	Start time	Fetal movements	Finish time	Total time and movements

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