THE EINHAUS GROUP FOR WOMEN`S HEALTH
Obstetrics & Gynecology
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KICK COUNT SHEET

Choose a time of the day when you are able to pay particular attention to your baby`s movement. Don`t pick a time when you feel the baby is the most active or a time when your are resting. Continue your normal daily activities. At about the **same time** each day, record how long it takes for you to feel the baby move **ten** times. After a few days, you`ll know what range of time is normal for your baby. Studies show that failure to get ten movements in 12 hours may mean that your baby is in trouble. We would suggest that if you go six hours without ten movements, you will need to have a non-stress test done at the office or the hospital. Most of you will find your baby`s usual time requirements are between 15 minutes to 3 hours. You`ll be asked to report the results of your kick counts at your appointments.

Patient Name: **DOB:**

Date	Time	Amount of time to feel ten movements