

INSTRUCTIONS

1. Empty your bladder and lay on your side.
2. Count the kicks and jabs you feel. This may take an hour or more, but mostly, you will feel at least ten kicks in a matter of minutes.
3. Log your baby's activity in the Kick Count Log in the following manner:
 - ♥ Find the right time slot and day.
 - ♥ Write the number of movements you feel in the top part of the square.
 - ♥ The numbers are meant to show the intensity of the kicks. Colour in the correct number (1 being the least intense and 3 representing very strong kicks).

According to doctors, you should be able to feel your baby kick at least ten times in a two hour period. This Kick Count Log will help you track your baby's movements throughout the day. The table is divided into two-hour slots to make your job easier.

Remember, if you find that your baby's movements have changed (you feel less movement or the kicks are much weaker) call your doctor! It is always better to have your baby checked out by a medical professional if you have any concerns.



HOW TO USE THE KICK COUNT LOG