Fetal Movement Counting Record

Fetal movement is an easy test of fetal well-being based on the fact that an active baby is a healthy baby.

It is carried out as follows:

- 1. At night, after eating supper, count how many times the baby moves in 1 hour. It should move at least 10 times in the first hour after eating.
- 2. Mark down the date and time you began counting and the time you finished, as well as a note of how many movements occurred during that time period.
- 3. Bring this chart with you the next time you see the midwives. Call any time if you feel the baby is not moving as much as it usually does, or moves less than 10 times in the hour following a meal.

Date	Time Began	Time Ended	Movements
7-12-2002	6:30	8:30	16