



**OPERATION DUE DATE**

## MOM & BABY TRACKING CHART

FROM 13 WEEKS



PROJECT  
**Alive & Kicking™**  
*A foundation devoted to the expected baby*

For a week by week guide to your pregnancy journey and the latest research, visit our website, [www.projectaliveandkicking.org](http://www.projectaliveandkicking.org).  
For information and to request Operation Due Date Mom & Baby Tracking Charts, contact us at [info@projectaliveandkicking.org](mailto:info@projectaliveandkicking.org)

This information is not intended to replace medical advice and care.

With Operation Due Date, we strive for each expected baby to grow and develop in the best possible way, and ideally, to complete 40 weeks of nesting in utero healthy, strong, and ready to come into the world. A healthy delivery is our target. And on delivery day, don't all babies deserve the best chance to arrive alive and kicking? Beginning at 13 weeks gestation, let us help you journal this special time for both you and your baby. By recording your own personal pregnancy milestones in our MOM & BABY TRACKING CHART, together with your baby's, you too can monitor your healthy pregnancy from one health care visit to the next.

Kick counting is one of the best ways to begin monitoring your baby. Since you don't see your health care team every day, it's up to you to pay attention to your baby's movements each day. By simply counting your baby's kicks, this non-invasive and easy practice allows you to not only know your baby's kick patterns, and the possibility of a potential problem, but also enables you to get to know your baby. Through his or her movements, your baby is telling you how he or she is doing.

**Kick Counting Directions:** You can count your kicks at any point during the day. Ideally, we recommend first thing in the morning, once in the afternoon, and once in the evening before bed. Paying attention to your baby's kicks following meals can be less time consuming as most babies will be active during this time.

Whenever you want to count your baby's kicks, have a snack or a cold sweet drink, lie on your left side and count every kick, punch, roll, and swoosh – but not hiccups. You should be able to get 10 movements in one hour or less. Then, jot down the number in your Operation Due Date Mom & Baby Tracking Chart, which may also become part of your medical record.

You may wonder, "How will I know if something isn't right?" You are looking for anything different or out of the ordinary. For example: Let's say you always do your kick counts at 7am, immediately following breakfast, and it usually takes about 5 minutes to count your 10 kicks. If one morning, at the same time, it suddenly took you 45 minutes to get 10 kicks, that would be considered out of the ordinary. You might want to wait a little, drink some juice, and do another kick counting session just to be sure. But if you are truly concerned, call your health care team.

Another example: You may count 4 or 5 kicks in an hour instead of the usual 10 kicks. Consider counting your kicks again after drinking a glass of orange or cranberry juice. If, for any reason, you are still not able to obtain the usual 10 kicks in your normal amount of time, you detect an unusual level of activity for your baby (an increase or decrease in fetal movement), or you notice any sudden changes in movement, call your health care team to make sure your baby is not in distress. If you are unable to contact or visit your health care team, go to Labor and Delivery (L&D) as most L&D units will see you immediately for decreased fetal movements (DFM), or go to the nearest Emergency Room (ER).

Don't ever hesitate to call your health care team about any questions or concerns you may have. They are there to educate and inform you. That's their job! You know your baby best, so always trust your gut.

**Second Trimester Tracking:**

Date															
Weeks	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27
Edema/Weight															
BP															
Urine															
Fundus															
FHR															
Fetal Movement *															

**Third Trimester Tracking:**

Date	<b>Example</b>														
Weeks	<b>28</b>	28	29	30	31	32	33	34	35	36	37	38	39	40	41
Edema/Weight	<b>NO/136</b>														
BP	<b>115/78</b>														
Urine	<b>NEG</b>														
Fundus	<b>28</b>														
FHR	<b>155</b>														
Fetal Movement	<b>YES</b>														
<b>Kick Counts</b> *Record time in minutes it takes to count 10 kicks	<b>11</b> am	am													
	<b>10</b> noon	noon													
	<b>12</b> pm	pm													
	<b>9</b> am	am	am	am	am	am	am	am	am	am	am	am	am	am	am
	<b>11</b> noon	noon													
	<b>10</b> pm	pm													
	<b>8</b> am	am	am	am	am	am	am	am	am	am	am	am	am	am	am
	<b>10</b> noon	noon													
	<b>12</b> pm	pm													
	<b>9</b> am	am	am	am	am	am	am	am	am	am	am	am	am	am	am
	<b>11</b> noon	noon													
	<b>8</b> pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm
<b>10</b> am	am	am	am	am	am	am	am	am	am	am	am	am	am	am	
<b>11</b> noon	noon	noon	noon	noon	noon	noon	noon	noon	noon	noon	noon	noon	noon	noon	
<b>9</b> pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	
<b>11</b> am	am	am	am	am	am	am	am	am	am	am	am	am	am	am	
<b>12</b> noon	noon	noon	noon	noon	noon	noon	noon	noon	noon	noon	noon	noon	noon	noon	
<b>9</b> pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	
<b>13</b> am	am	am	am	am	am	am	am	am	am	am	am	am	am	am	
<b>11</b> noon	noon	noon	noon	noon	noon	noon	noon	noon	noon	noon	noon	noon	noon	noon	
<b>10</b> pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	

\* Most women begin to feel fetal movements around their twentieth week. However, these movements may be experienced earlier or later due to other factors.

