

MOM & BABY TRACKING CHART



PROJECT
Alive & Kicking™
My Empowered Pregnancy™

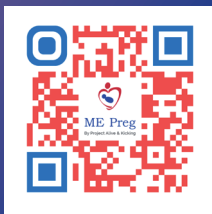
OPERATION DUE DATE

For a week by week guide to your pregnancy journey and the latest research, visit our website, www.projectaliveandkicking.org.

For more information and to request an Operation Due Date My Empowered Pregnancy™ Checklist, contact us at info@projectaliveandkicking.org.

Project Alive & Kicking is a 501(c)(3) nonprofit foundation.

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



Download our FREE App today.

My Empowered Pregnancy™

As an expectant mom, your vigilance and prenatal knowledge gives your baby the best chance for a healthy delivery. With so many new and exciting changes taking place in your body from week to week, it's essential to keep track of the most important ones. By recording your pregnancy milestones from Week 8, you can monitor your pregnancy from one health care visit to the next. The delivery of a strong and healthy baby is the number one goal!

Did you know as an empowered mom-to-be, *Movement Counting* is an exciting way that you can monitor the movements of your expected baby? Daily movement counting can help provide you with an awareness of your baby's fetal activities.

Movement Counting Directions... Since you don't see your health care team everyday, it's up to you to pay attention to your baby's movements daily. Let's start tracking your baby's movements!

- Count your baby's movements preferably 3 times a day; morning, afternoon and before bed.
- If possible, lie on your left side, count every kick, move, punch, nudge, jab, flip, roll, and twirl (not hiccups) for 10 movements. It may take less than 5 minutes but should not take longer than 1 hour.
- Then jot down the number of minutes it takes you to count 10 movements. That's it!

Remember, you are looking for anything *out of the ordinary*. Let's say you always count your movements at 7 a.m. after breakfast; it usually takes 5 minutes to count 10 movements. Then one morning it takes you 45 minutes to count 10 movements. That is *out of the ordinary*. Do another movement counting session. If your count remains *out of the ordinary*, **CALL your Health Care Team ASAP!**

If you detect an unusual level of activity (an increase or decrease in fetal movement), or you notice any sudden changes in movement, call your health care team to be evaluated to make sure that your baby is well. If you are unable to contact or visit your health care team, go to Labor and Delivery or the Emergency Room. **Do not wait to call until the next day!** If you are not happy with your baby's movements after your check up, call your health care team again. You won't be bothering them. You know your baby best, so always trust your instincts.

NEVER hesitate to call your health care team with any questions or concerns you have or statements they have made that you do not understand as they will educate and inform you! With your new proactive mindset, working together will now empower your pregnancy journey.

First & Second Trimester Tracking:

Date															
Weeks	8	10	12	14	16	18	19	20	21	22	23	24	25	26	27
Edema/Weight															
BP															
Urine															
Fundus	•	•	•	•											
FHR															
Fetal Movement *	•	•	•	•	•	•	•								

Third Trimester Tracking:

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