

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.
- 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.

# MOM & BABY Tracking Chart

[www.projectaliveandkicking.org](http://www.projectaliveandkicking.org)



For more information, please contact us at [info@projectaliveandkicking.org](mailto:info@projectaliveandkicking.org). Project Alive & Kicking is a 501(c)(3) nonprofit foundation. This information is not intended to replace medical advice and care.



## 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	Example														
Weeks	28	28	29	30	31	32	33	34	35	36	37	38	39	40	41
Edema/Weight	NO/136														
BP	115/78														
Urine	Neg														
Fundus	28														
FHR	155														
Fetal Movement	Yes														
Movement Counting (record time in minutes it takes to count 10 movements)	11 am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am
	10 noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon
	12 pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm
	9 am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am
	11 noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon
	10 pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm
	8 am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am
	10 noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon
	12 pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm
	9 am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am
	11 noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon
	8 pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm
10 am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	
11 noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	
9 pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	
11 am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	
12 noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	
9 pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	___ pm	
13 am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	___ am	
11 noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	___ noon	
10 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.