

# Instructions

- After the 28th week of pregnancy, begin counting fetal movements at the same time each day.
- Choose any 2-hour period of the day, evening, or night. In general, active periods tend to be after breakfast, lunch, or dinner. During this 2-hour period:
  - Record the time on the graph.
  - Place an X in the box each time there is a fetal movement.
- If you count fewer than 10 movements in a 2-hour period, call your health care provider right away.
- Bring this record to each visit with your health care provider.

**Questions?**

Your questions are important. Call your health care provider if you have questions or concerns.

UWMC staff are also available to help.

Maternal and Infant Care Clinic:  
206-598-4070

After hours, please call Labor & Delivery:  
206-598-4616

# Daily Fetal Movement Record




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Name

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Hospital Number

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Month/Year

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EDC

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206-598-4070*

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206-598-4616*



**Maternal and Infant Care Clinic**  
 Box 356159  
 1959 N.E. Pacific St., Seattle, WA 98195  
 206-598-4070



Day	Start Time	15 Minutes	30 Minutes	45 Minutes	1 Hour	1½ Hours	1¾ Hours	2 Hours
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2								
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