The Hospital
of Central Connecticut
Connect to healthier.

Fetal Movement Diary

- A daily diary of your baby's movements provides useful information that helps us care for you during your pregnancy.

- Choose an hour, after a meal (about the same time each day), when you are able to lie down on your side.

- Please place your hands on your abdomen where you have noticed that your baby has moved in the past. Count each time the baby moves.

- Your baby's movements may feel like kicks, flutters, twists or turns.

- Each time your baby moves, place an "x" in the movements box of your diary.

- You can stop counting and marking the graph after you have marked four (4) movements.

- If your baby moves less than four times during the hour, continue counting for another hour.

- If your baby moves less than four times during the second hour, please call your doctor at

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Fetal Movement Diary

Please complete this diary every day.
Please bring this diary with you each time you visit your doctor.

Date	Day of the Week	Time	Movements	Total

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