SIOUXLAND Obstetrics & Gynecology P.C.
"Providing a lifetime of health care for women"
**Dr Eastman, Dr Hunt, Dr Aldrich**
**2730 Pierce Street, Suite 201**
**Sioux City, IA 51104**
**Phone: 712-277-3141, website: www.siouxlandobgyn.com**

# FETAL MOVEMENT CHART

Instructions

A daily diary of your baby's movements provides useful information. Please mark down anytime the baby moves during two separate convenient hours of each day. After a meal is a good time. Lying on your left side after a meal improves circulation and baby is most likely to be active. If the baby should move less than 6 times in that hour or there are any concerns, call your physician. Attention to fetal movement at other times is also important.

| Day | Hour | Countings | Total |
|---|---|---|---|
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |