

# Prenatal Kick Count Card

Date:	28th Week							29th Week							30th Week							31st Week						
	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
10 minutes																												
20 minutes																												
30 minutes																												
40 minutes																												
50 minutes																												
1 hour																												
2 hours																												
3 hours																												
4 hours																												

  

Date:	32nd Week							33rd Week							34th Week							35th Week						
	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
10 minutes																												
20 minutes																												
30 minutes																												
40 minutes																												
50 minutes																												
1 hour																												
2 hours																												
3 hours																												
4 hours																												

  

Date:	36th Week							37th Week							38th Week							39th Week						
	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
10 minutes																												
20 minutes																												
30 minutes																												
40 minutes																												
50 minutes																												
1 hour																												
2 hours																												
3 hours																												
4 hours																												

If baby still hasn't kicked 10 times within 2-4 hours, contact your provider.

Instructions for use at [mommyguide.com](http://mommyguide.com).