

Mama, Can You *Feel Me?*

FEEL. COUNT. TRACK.



Download **ME Preg** today!



First & Second Trimester Tracking:

Learn more at www.mepreg.org

Date															
Weeks	8	10	12	14	16	18	19	20	21	22	23	24	25	26	27
Edema/Weight															
BP															
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														
Fundus	28														
FHR	155														
Daily Movement Counting (record time in minutes it takes to count 10 movements)	Day 1 11 mins														
	Day 2 12 mins														
	Day 3 10 mins														
	Day 4 9 mins														
	Day 5 12 mins														
	Day 6 11 mins														
	Day 7 10 mins														

* Most women begin to feel fetal movements around their twentieth week. However, these movements may be experienced earlier or later due to other factors.

Mama, Can You Feel Me?

Beginning at Week 28, it's time to FEEL, COUNT and TRACK your baby's daily movement patterns! Find a comfy position and...



FEEL your baby's movements! Every kick, nudge, jab, flip, punch, roll, or twirl (not hiccups) counts.



COUNT your baby's movements! Once daily, time how long it takes for 10 movements in 1 hour (max 2 hours).



TRACK your baby's movements! Use our FREE app, ME Preg, or our paper tracking chart.

If you notice any changes in your baby's movement patterns, such as a decrease, increase, or absence in fetal movement, **CALL your health care team immediately** to make sure that your baby is well. If you are unable to reach or visit your health care team, go to Labor and Delivery or the Emergency Room. **Do not wait until the next day or next appointment!**

You know your baby best, so always trust your instincts.



Pregnant? Check out our app ME Preg! Available for iOS and Android.

Project Alive & Kicking is a 501(c)(3) nonprofit foundation.

This information is not intended to replace medical advice and care.

