

HILL COUNTRY MATERNAL FETAL MEDICINE

**4100 Duval Road, Bldg. II, Ste. 201, Austin, TX 78759
Ph: 512/339-1010 Fax: 512/339-1011**

FETAL ACTIVITY CHART

Once daily at a time of fetal activity, count 10 episodes of fetal movement. If the time to obtain 10 fetal movements exceeds 2 hours, please contact our office at 339-1010.

After hours, or on weekends, please notify your doctor’s office and proceed to Labor and Delivery.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				