

**HILL COUNTRY MATERNAL FETAL MEDICINE**

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**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.

	<b>WEEK 1</b>	<b>WEEK 2</b>	<b>WEEK 3</b>	<b>WEEK 4</b>
<b>MONDAY</b>				
<b>TUESDAY</b>				
<b>WEDNESDAY</b>				
<b>THURSDAY</b>				
<b>FRIDAY</b>				
<b>SATURDAY</b>				
<b>SUNDAY</b>				