KK Women's and Children's Hospital
SingHealth

THE "COUNT-TO-TEN" FETAL MOVEMENT CHART
胎动计算图表

Put a tick (✓) in the appropriate box whenever your baby moves
每当胎儿踢动时，请在适当的方格内画一个（✓）。

Week of Pregnancy & Date 妊娠期																																																														
Time / 时间	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	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	M	T	W	T	F	S	S
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Total number of movements for the day 胎儿踢动总数																																																														