



Contractions Chart

Timing Contraction Chart

Use the chart below to help you track the duration frequency of your contractions. In the example below the first contraction lasts 60 sec, the second contraction lasts 75sec, and the third contraction lasts 80sec. The frequency is 10min, then 8 min.

Time Example	Duration Example	Frequency Example
11:00am	60sec	
11:10am	75sec	10min
11:18am	80sec	8min
Time	Duration	Frequency

Time	Duration	Frequency