Timing Your Contractions

When timing contractions, your caregiver will need to know both the frequency (from the **start** of one contraction to the **start** of the next) and the length of the contractions (from the **start** to the **end** of each contraction). Keep this chart handy for when your contractions start. Add events (such as your bag of waters releasing or losing your mucous plug) in the comment area.

Start	Finish	Length	Frequency	Comments

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