

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.

[illegible]