

# Printable CONTRACTION LOG

If you think you're in labour, use this table to track when your contractions start/end and add any notable comments so your midwife can determine if labour has begun.

Time Contraction Began	How Long it Lasted	Time Between Contraction	Comments
Example:			
9 am	40 seconds		One side of stomach tighter than other
9:07 am	80 seconds	7 minutes	
9:13 am	65 seconds	6 minutes	Intense one
Track your contractions below:			

# CONTRACTION LOG

[illegible]

# CONTRACTION LOG

[illegible]