

Printable
CONTRACTION LOG

If you think you're in labor, use this table to track when your contractions start/end and add any notable comments so your doctor, midwife, or doula can determine if labor 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:			