

# Contraction Tracking Chart

Mark the time when the contraction starts in the time column, followed by how long that contraction lasts in the duration column. Then in the frequency column jot down the time from the beginning of the contraction until the start of the next. The example below shows you how.

As you keep track, you might start to see a pattern.

## Example

Time	Duration	Frequency
10:00 am	50 sec.	10 min.
10:10 am	65 sec.	8 min.
10:18 am	70 sec.	6 min.

Time	Duration	Frequency

