CONTRACTION TRACKER

Is it labor or not? Use this contraction tracker to note the start and stop time and length of each contraction. Keep your OB or midwife informed of your progress. Usually, when contractions are pretty consistently 5 minutes apart, your caregiver will instruct you to head to the hospital or birthing center.

START TIME	STOP TIME	LENGTH OF CONTRACTION	MINUTES SINCE LAST CONTRACTION