Labor Log

If you think you are in labor, record when contractions start and end below. Use the comments column to note on their strength. This can help your health care provider determine if labor has begun. As labor progresses, keeping a log is optional.

Time Contraction Began	**Duration (How Long)** (from the beginning to the end of the same contraction)	**Frequency (How Often)** (from the beginning of one contraction to the beginning of the next)	**Comments**
Example: 7 a.m.	**60 seconds**		
7:05	**70 seconds**	**5 minutes**	**Massage helps**
7:11	**45 seconds**	**6 minues**	**Hard one!**
When your labor begins, record your contractions below.			

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