## HOW TO TIME CONTRACTIONS

## TIMING CONTRACTIONS

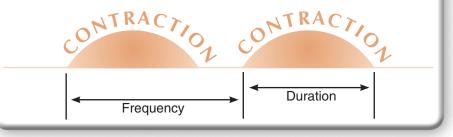
To time contractions, two specific characteristics of the contraction are recorded – frequency and duration.

A contraction log is provided for you on this page. Use a watch with a second hand to capture the exact time in minutes and seconds.



**Frequency** - Time from the start of one contraction to the beginning of another.

**Duration** - Time from the start of one contraction to the end of the same contraction.



Duration	Frequency