KAISER PERMANENTE®

Timing contraction chart

Use the chart below to help you track the duration and frequency of your contractions.

In the example below, the first contraction lasts 60 seconds, the second contraction is 75 seconds, and the third contraction is 80 seconds. The frequency is 10 minutes, then 8 minutes.

Time	Duration	Frequency
(Example) 11:00 am 11:10 11:18	 60 sec. 75 sec. 80 sec.	 10 min. 8 min
Time	**Duration**	**Frequency**