

<u>Timing Contractions Chart</u>



<u>**Duration**</u> – Time from the start of 1 contraction to the end of the same contraction (i.e. How long the contraction lasts)

<u>*Frequency*</u> – Time from the start of 1 contraction to the beginning of another (i.e. Time between the start of the first contraction to the start of the next contraction)

| <u>Start</u> | End | Duration | <u>Frequency</u> |
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