Contraction tracker (early labor)

Early labor at home is often spent timing contractions. *Use this for the first hours; switch to a timer app once you're confident in the rhythm.*

CONTRACTIONS

TIME STARTED	DURATION (SEC)	TIME SINCE LAST	INTENSITY (0-10)	WHAT I WAS DOING

WHEN TO CALL THE OB OR HEAD TO THE HOSPITAL

- 5-1-1: contractions every 5 minutes, 1 minute long, for 1 hour (first baby)
- Sooner for subsequent babies — check with your provider
- Any bleeding (more than light spotting)
- Water breaks (note time, color, amount)
- Decreased fetal movement
- Severe headache or vision changes

This sheet is for inspiration only. Always consult your medical team for guidance specific to your situation. Inspired Comforts is not a medical provider.

By the Inspired Comforts editorial team · **inspiredcomforts.com**