# Labor Log Worksheet

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

| **Time contractions began** | **How long it lasted** (from the beginning to the end of the same contraction) | **Frequency, or how often** (from the beginning of one contraction to the beginning of the next) | **Comments** |
|---|---|---|---|
| **Example:** | | | |
| 7 a.m. | 60 seconds | | |
| 7:05 a.m. | 70 seconds | 5 minutes | Massage helps. |
| 7:11 a.m. | 45 seconds | 6 minutes | Hard one! |
| **When your labor begins, record your contractions here:** | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

©2006 Allina Health System

Allina Health System Press, *Beginnings: Pregnancy, Birth and Beyond*, fourth edition, ISBN 1-931876-14-2