

Contraction Timer – User Guide

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Overview

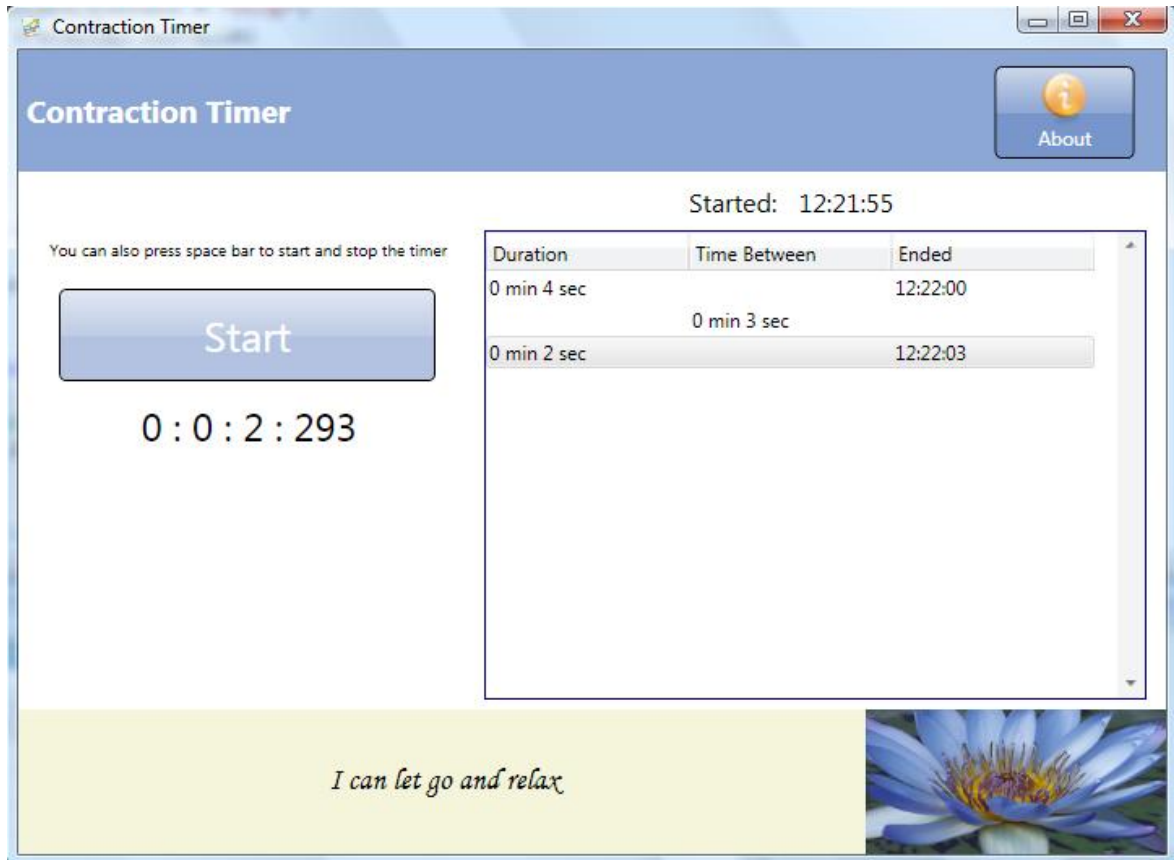
The Contraction Timer is FREE software that lets you track how long your contractions are the time between contractions. It features

1. Simple start and stop, that can also be activated via the space bar
2. Affirmation messages to remind you, that you can do this

Timing Contractions

Starting and Stopping

1. Open the Application
2. This is the main screen that you will use to track your contractions.

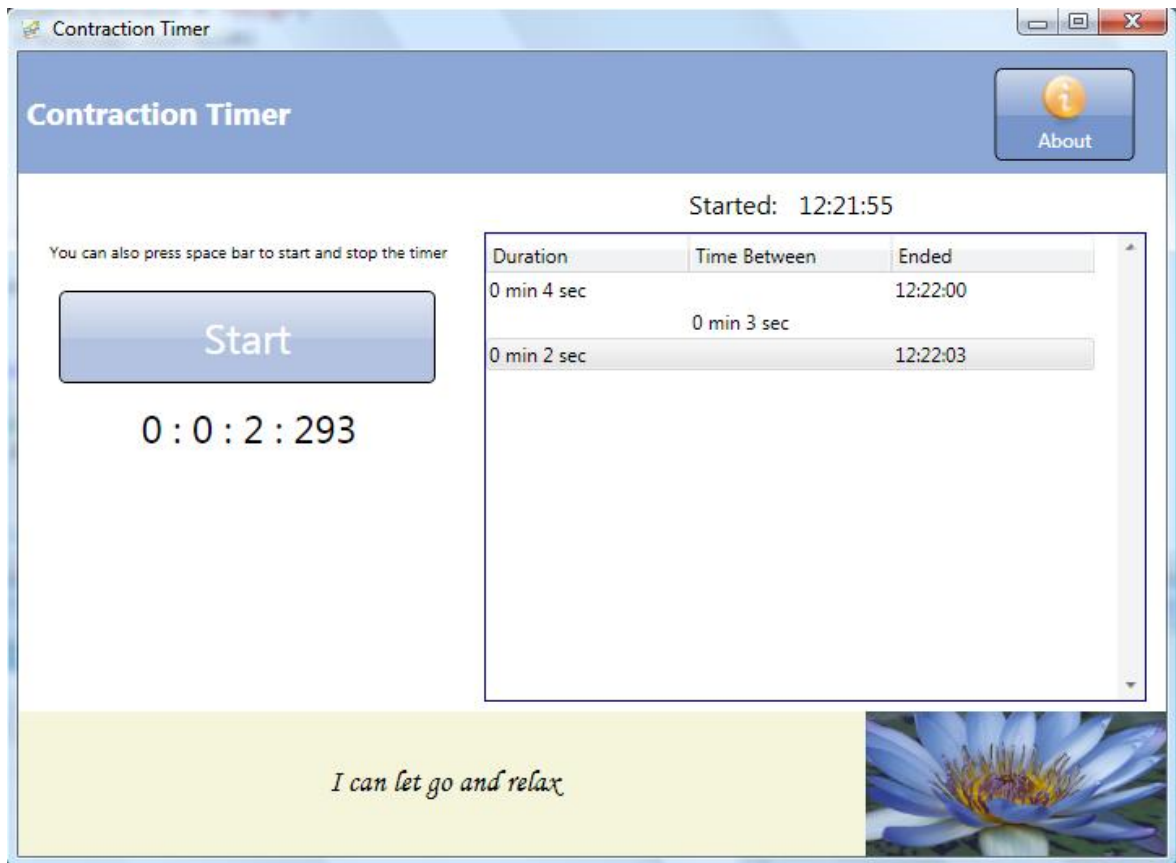


3. Press Space bar or Start to start the timer once your contraction starts. Underneath the button you will see the timer start counting.
4. Press Space bar or the Stop button to stop the timer once the contractions stop.
5. Now wait until your next contraction and repeat the process.
6. In the right hand side of the screen you will see the duration of each contraction and the time between each contraction.

Affirmations

Displaying

1. At the bottom of the screen you will see affirmations.



2. There are 18 affirmations that will rotate through every 20 seconds.