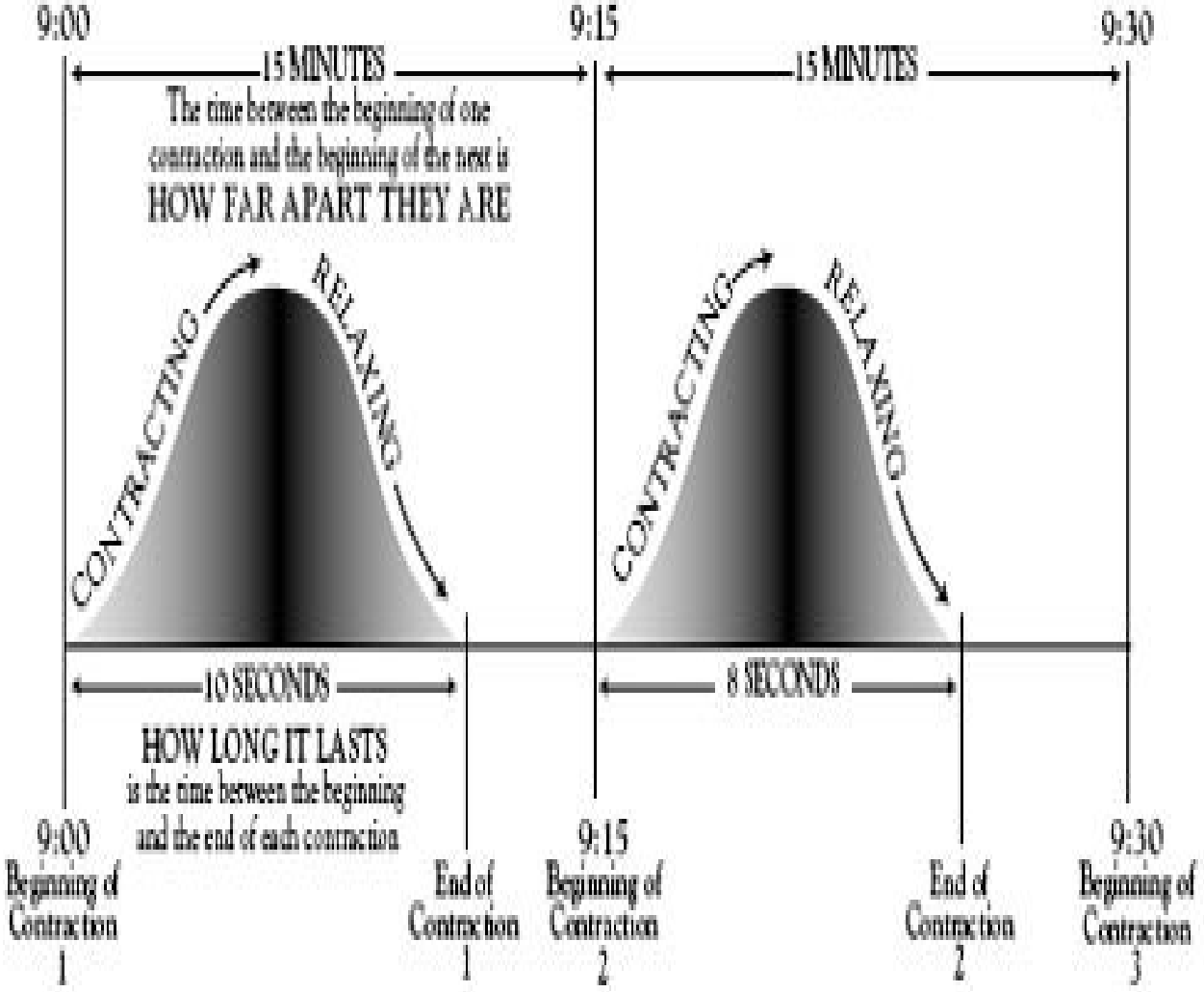TIMING YOUR CONTRACTIONS