

Prenatal Weight Gain Chart

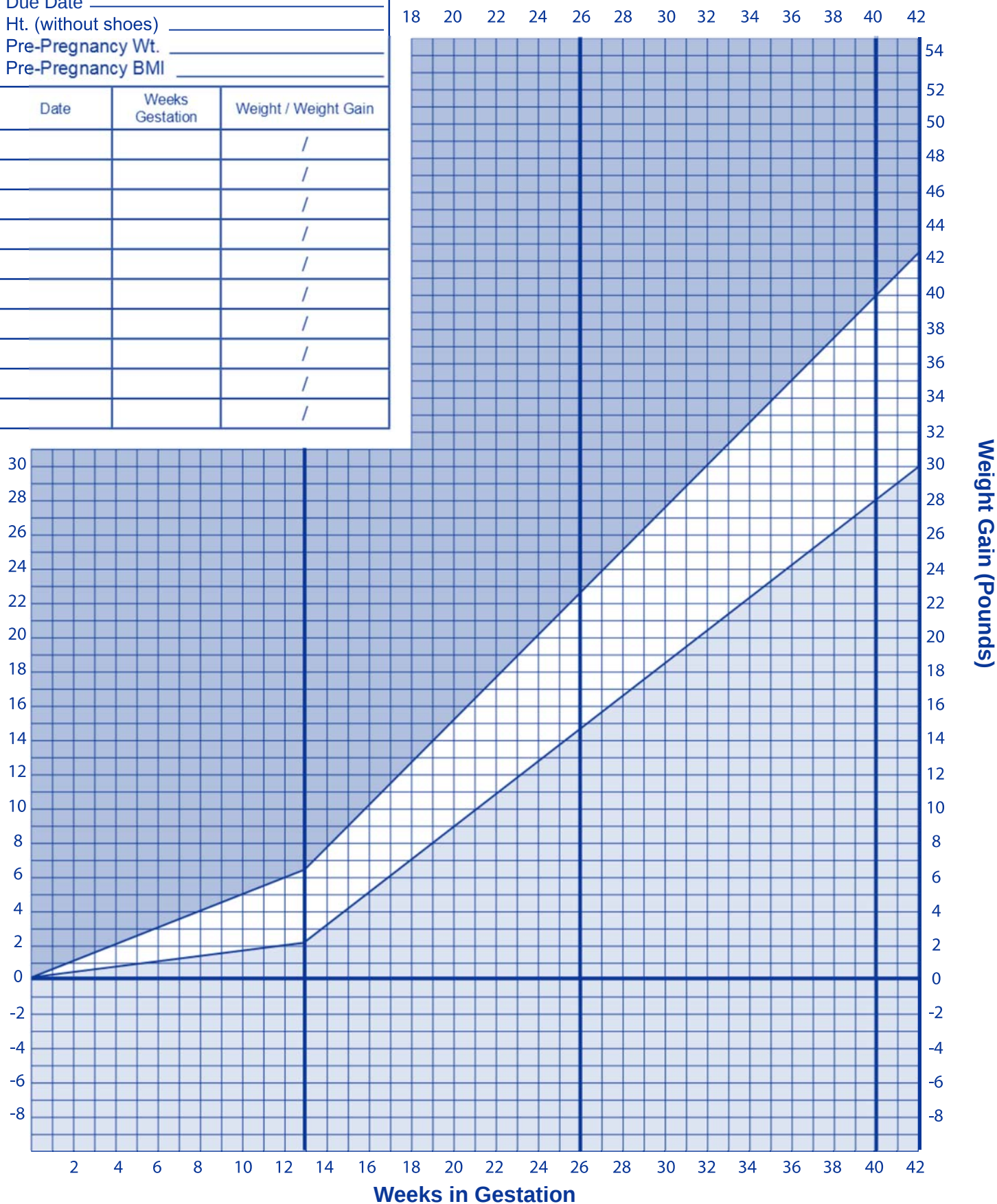
Pre-Pregnancy BMI < 18.5

Weight Gain Recommendations (singleton):

- 2.2-6.6 lbs gain 1st Trimester
- 1 lb. gain per week 2nd and 3rd trimester
- 28-40 lbs. total weight gain

Due Date _____
Ht. (without shoes) _____
Pre-Pregnancy Wt. _____
Pre-Pregnancy BMI _____

Date	Weeks Gestation	Weight / Weight Gain
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Prenatal Weight Gain Chart
Pre-Pregnancy BMI 18.5 - 24.9

Weight Gain Recommendations (singleton):

- 2.2-6.6 lbs gain 1st Trimester
- 1 lb. gain per week 2nd and 3rd trimester
- 25-35 lbs. total weight gain

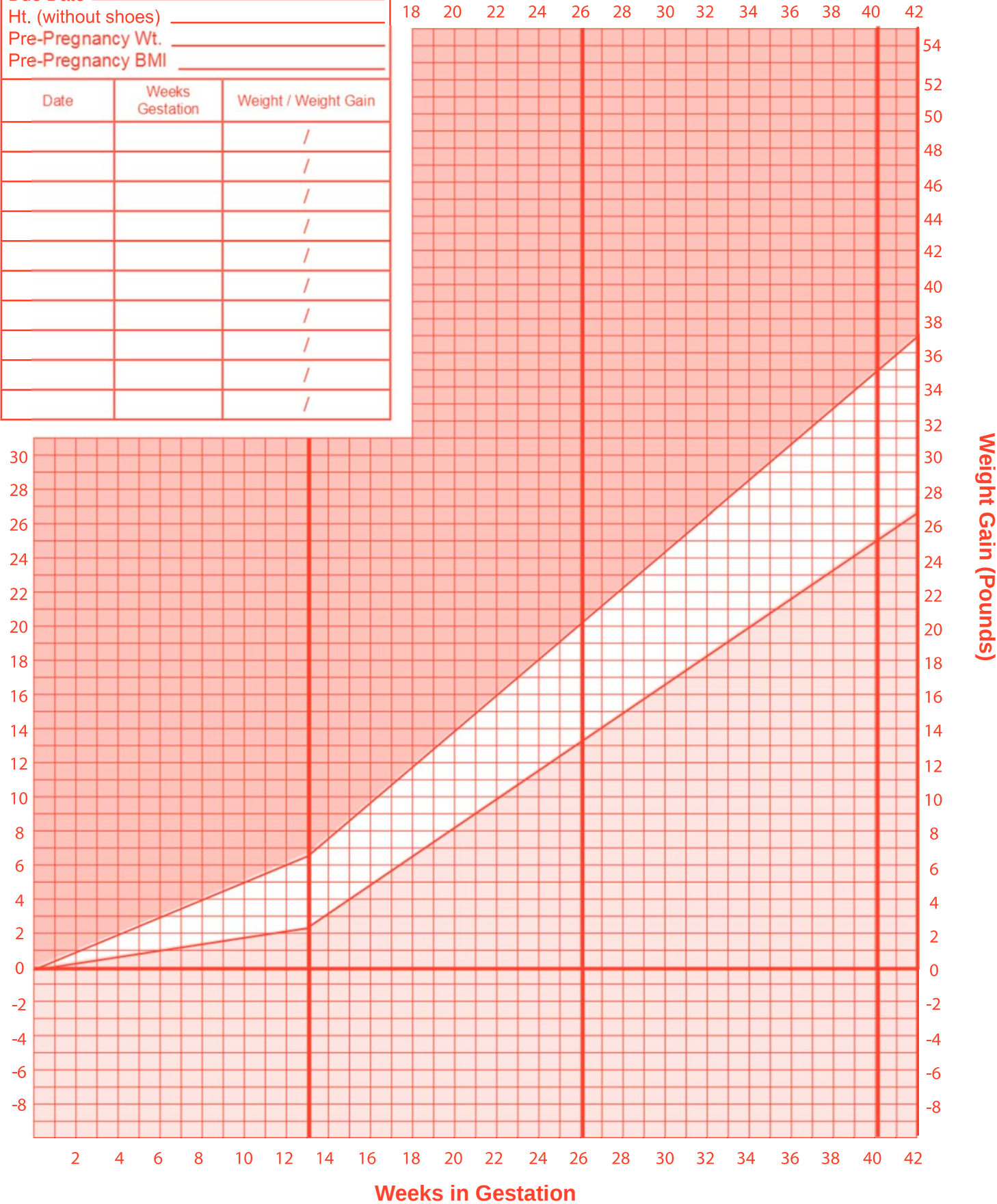
Due Date _____

Ht. (without shoes) _____

Pre-Pregnancy Wt. _____

Pre-Pregnancy BMI _____

Date	Weeks Gestation	Weight / Weight Gain
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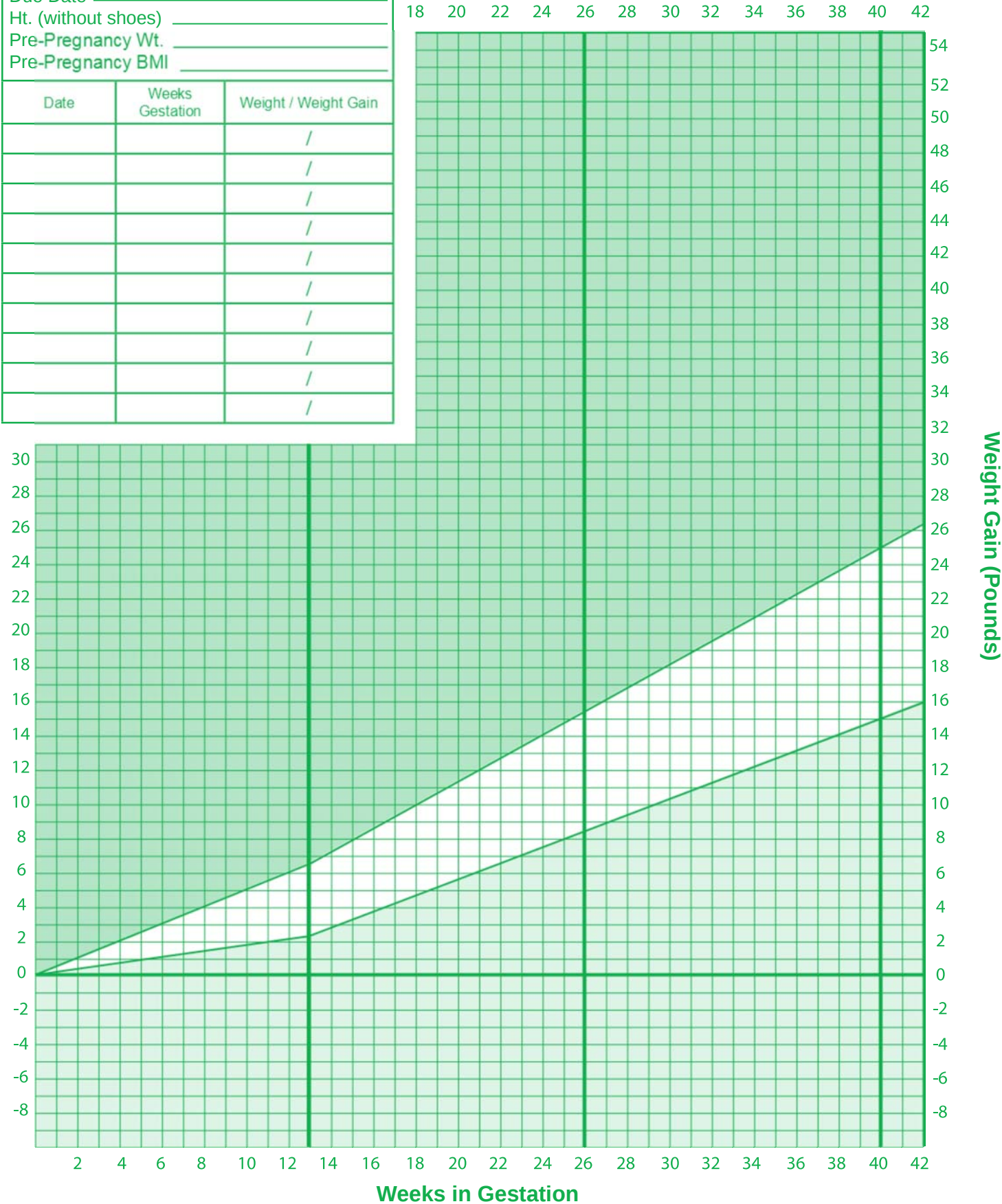
Prenatal Weight Gain Chart
Pre-Pregnancy BMI 25.0 - 29.9

Weight Gain Recommendations (singleton):

- 2.2-6.6 lbs gain 1st Trimester
- 0.6 lb. gain per week 2nd and 3rd trimester
- 15-25 lbs. total weight gain

Due Date _____
Ht. (without shoes) _____
Pre-Pregnancy Wt. _____
Pre-Pregnancy BMI _____

Date	Weeks Gestation	Weight / Weight Gain
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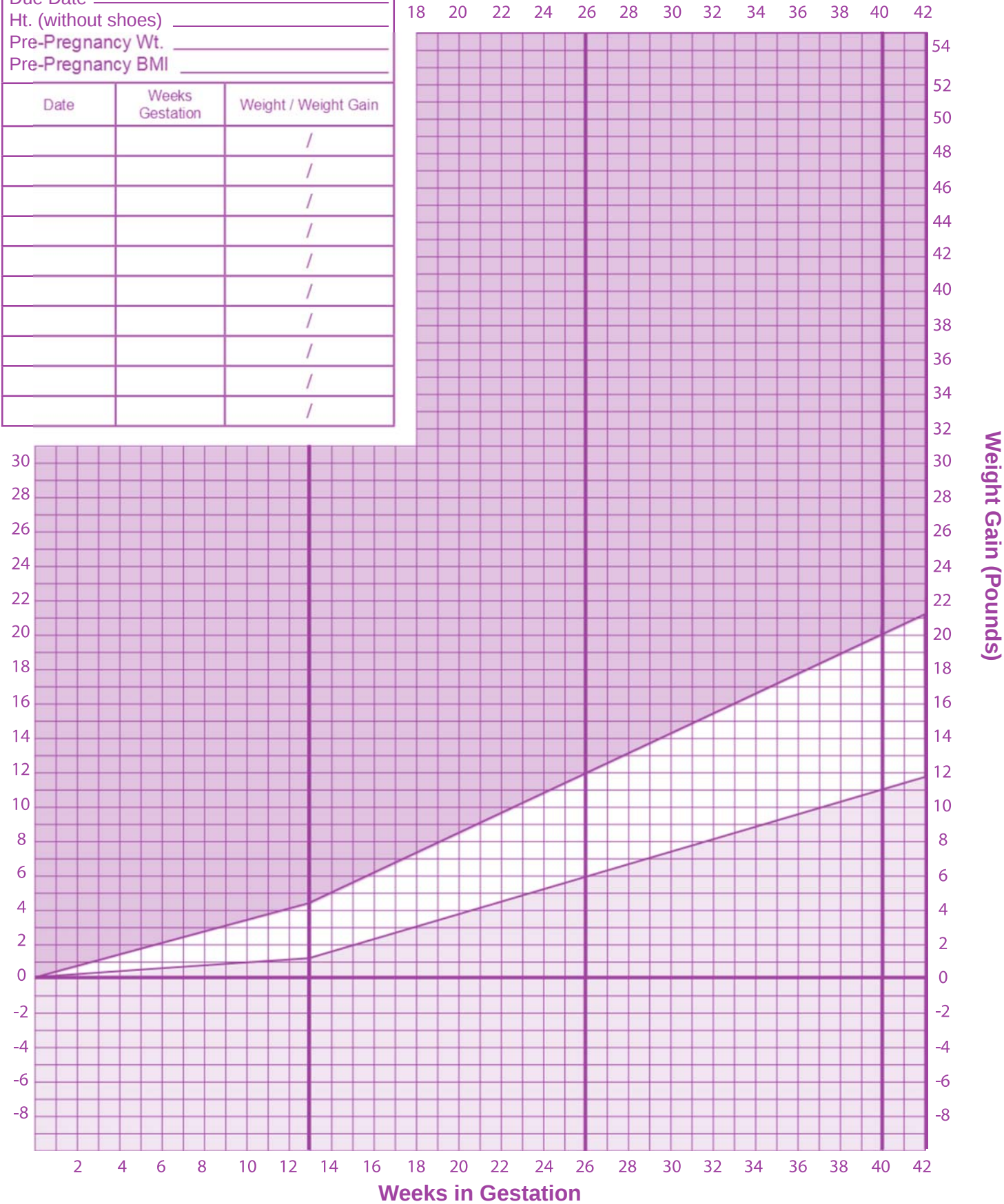


Prenatal Weight Gain Chart
Pre-Pregnancy BMI ≥ 30.0

Weight Gain Recommendations (singleton):

- 1.1-4.4 lbs gain 1st Trimester
- 0.5 lb. gain per week 2nd and 3rd trimester
- 11-20 lbs. total weight gain

Due Date _____		
Ht. (without shoes) _____		
Pre-Pregnancy Wt. _____		
Pre-Pregnancy BMI _____		
Date	Weeks Gestation	Weight / Weight Gain
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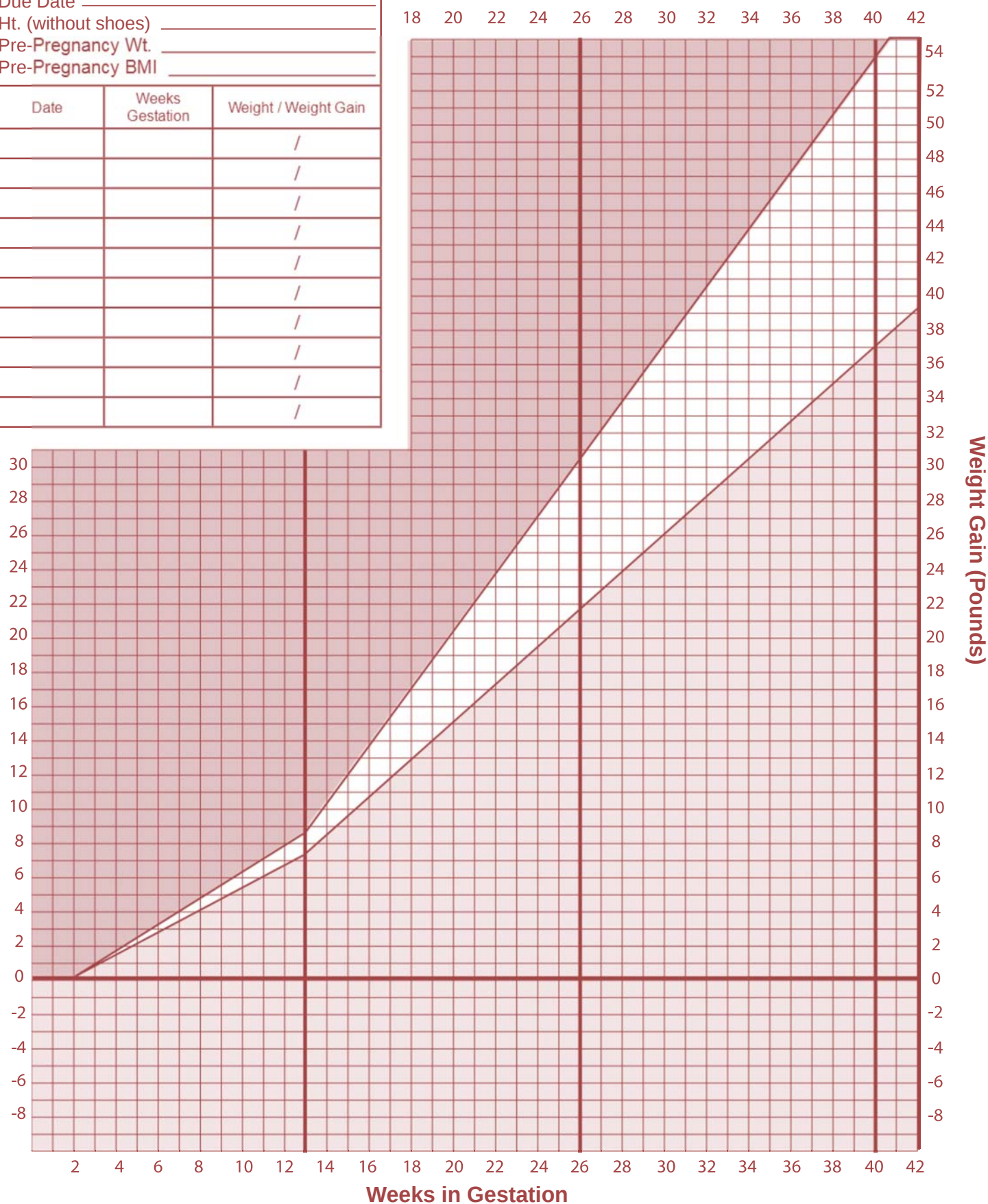
Prenatal Weight Gain Chart

Pre-Pregnancy BMI 18.5 - 24.9

Weight Gain Recommendations (multi-fetal):

- 37-54 lbs. total weight gain

Due Date _____		
Ht. (without shoes) _____		
Pre-Pregnancy Wt. _____		
Pre-Pregnancy BMI _____		
Date	Weeks Gestation	Weight / Weight Gain
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Prenatal Weight Gain Chart
Pre-Pregnancy BMI 25.0 - 29.9

Weight Gain Recommendations (multi-fetal):
• 31-50 lbs. total weight gain

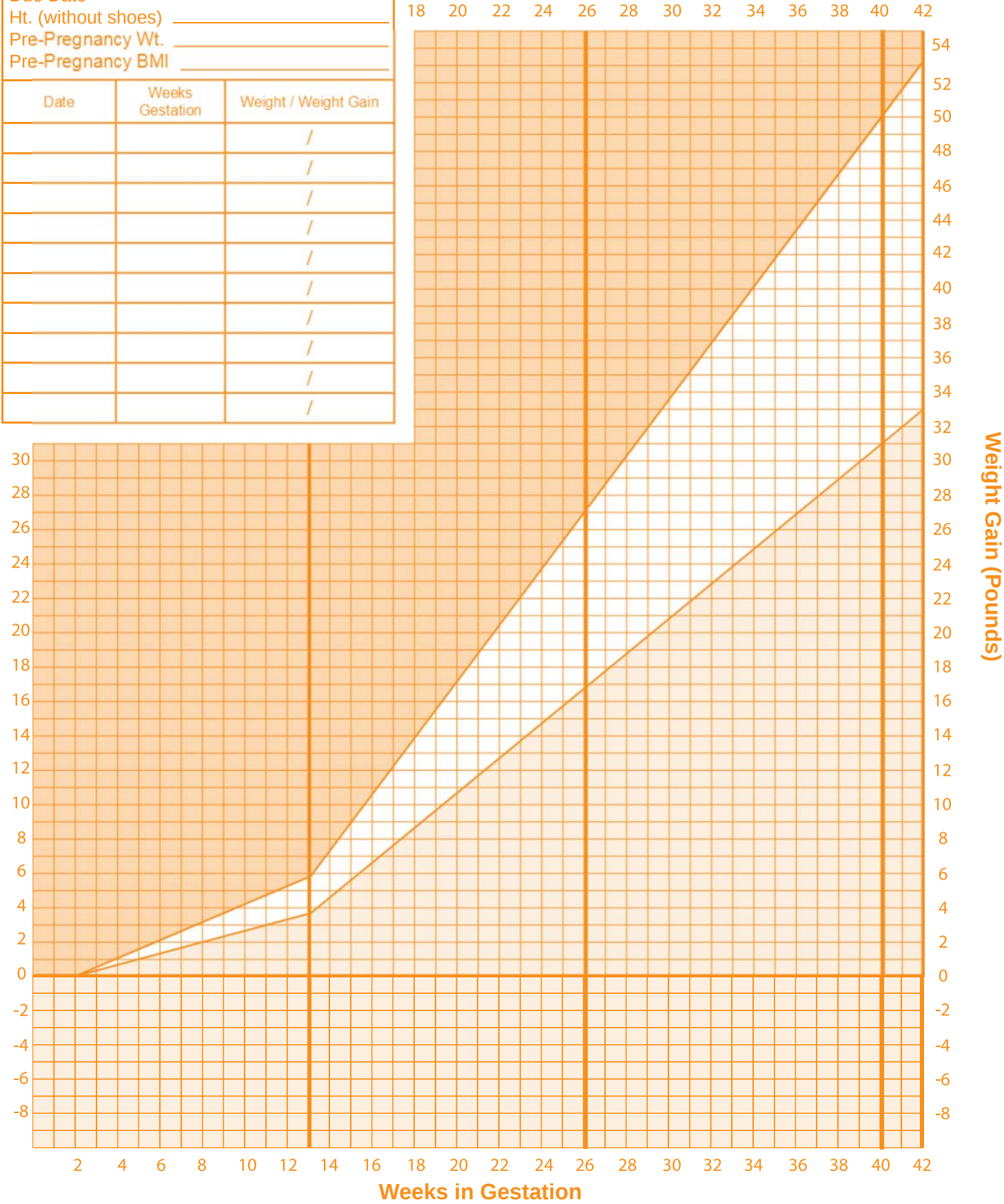
Due Date _____

Ht. (without shoes) _____

Pre-Pregnancy Wt. _____

Pre-Pregnancy BMI _____

Date	Weeks Gestation	Weight / Weight Gain
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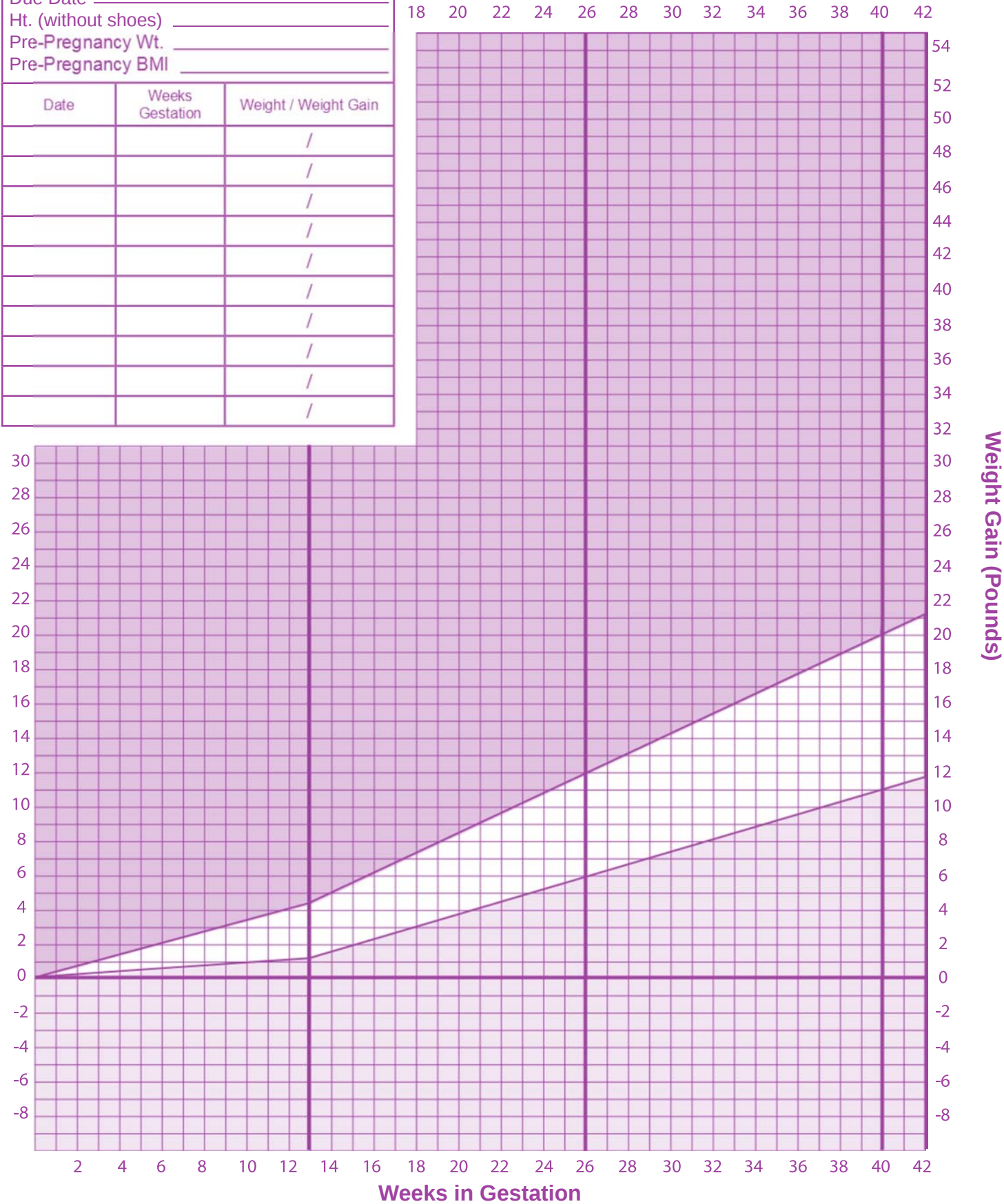


Prenatal Weight Gain Chart
Pre-Pregnancy BMI ≥ 30.0

Weight Gain Recommendations (singleton):

- 1.1-4.4 lbs gain 1st Trimester
- 0.5 lb. gain per week 2nd and 3rd trimester
- 11-20 lbs. total weight gain

Due Date _____		
Ht. (without shoes) _____		
Pre-Pregnancy Wt. _____		
Pre-Pregnancy BMI _____		
Date	Weeks Gestation	Weight / Weight Gain
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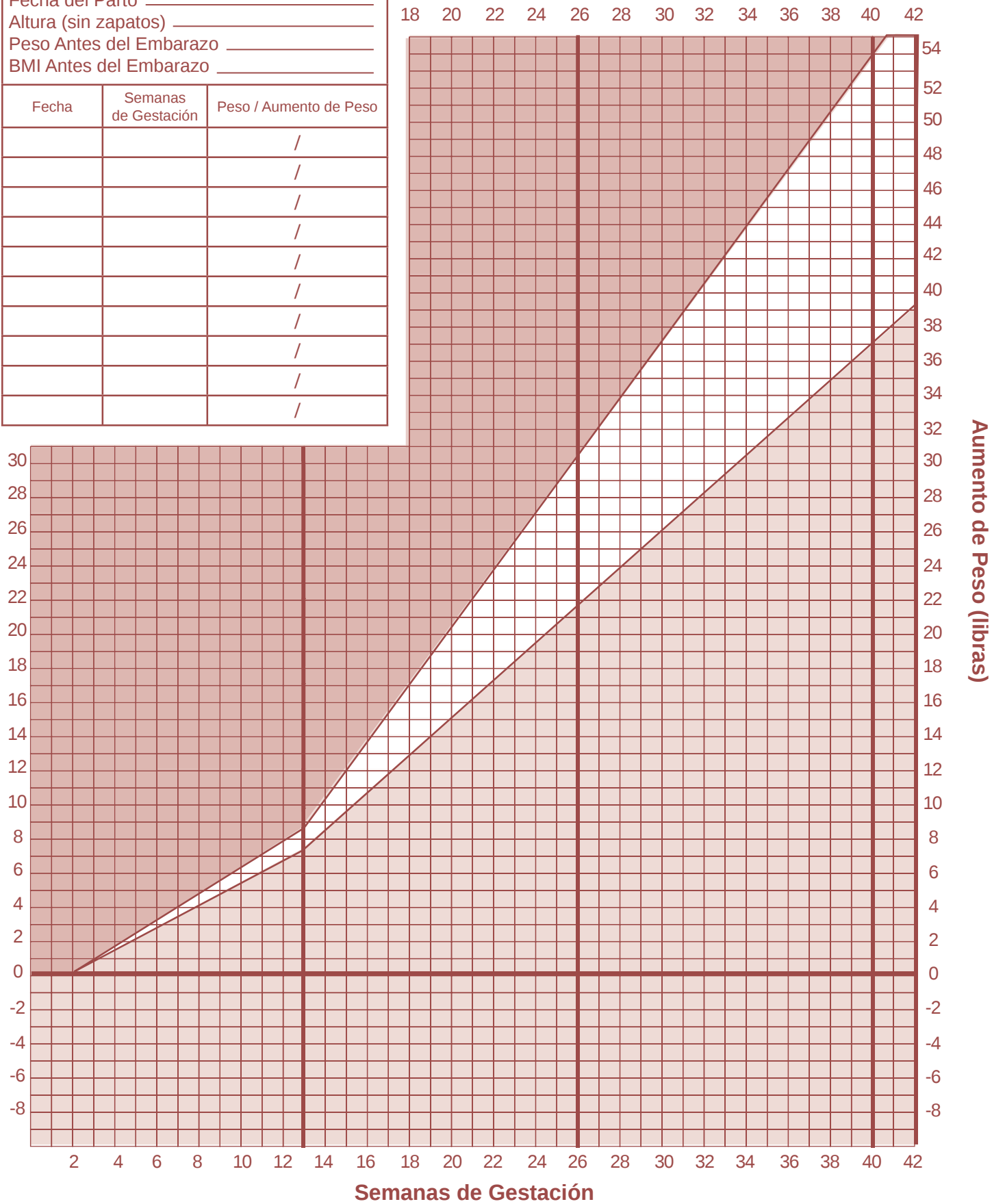
Fecha del Parto _____

Altura (sin zapatos) _____

Peso Antes del Embarazo _____

BMI Antes del Embarazo _____

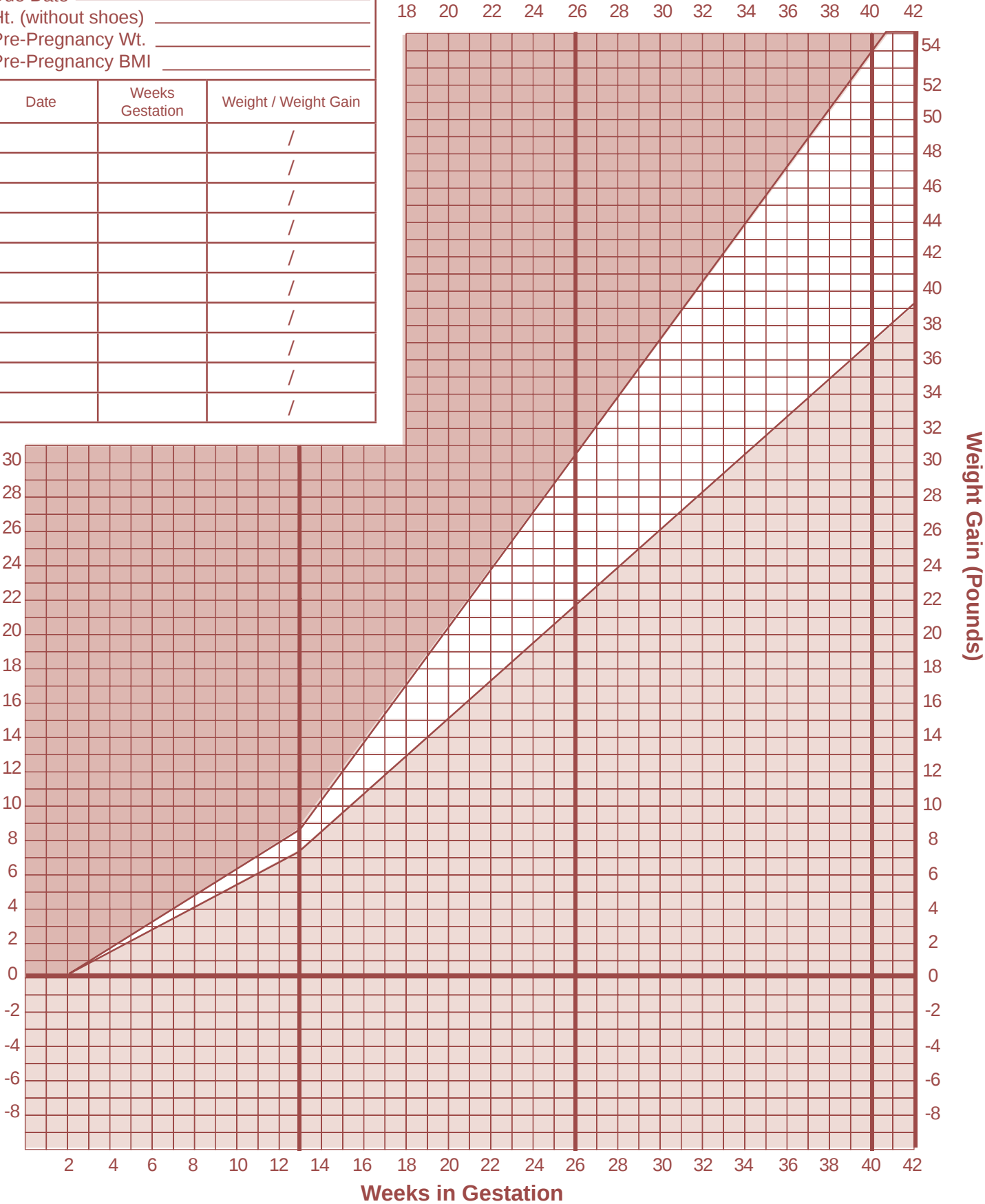
Fecha	Semanas de Gestación	Peso / Aumento de Peso
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Prenatal Weight Gain Chart
Pre-Pregnancy BMI 18.5 - 24.9

Weight Gain Recommendations (multi-fetal):
• 37-54 lbs. total weight gain

Due Date _____		
Ht. (without shoes) _____		
Pre-Pregnancy Wt. _____		
Pre-Pregnancy BMI _____		
Date	Weeks Gestation	Weight / Weight Gain
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Prenatal Weight Gain Chart
Pre-Pregnancy BMI ≥ 30.0

Weight Gain Recommendations (multi-fetal):
• 25-42 lbs. total weight gain

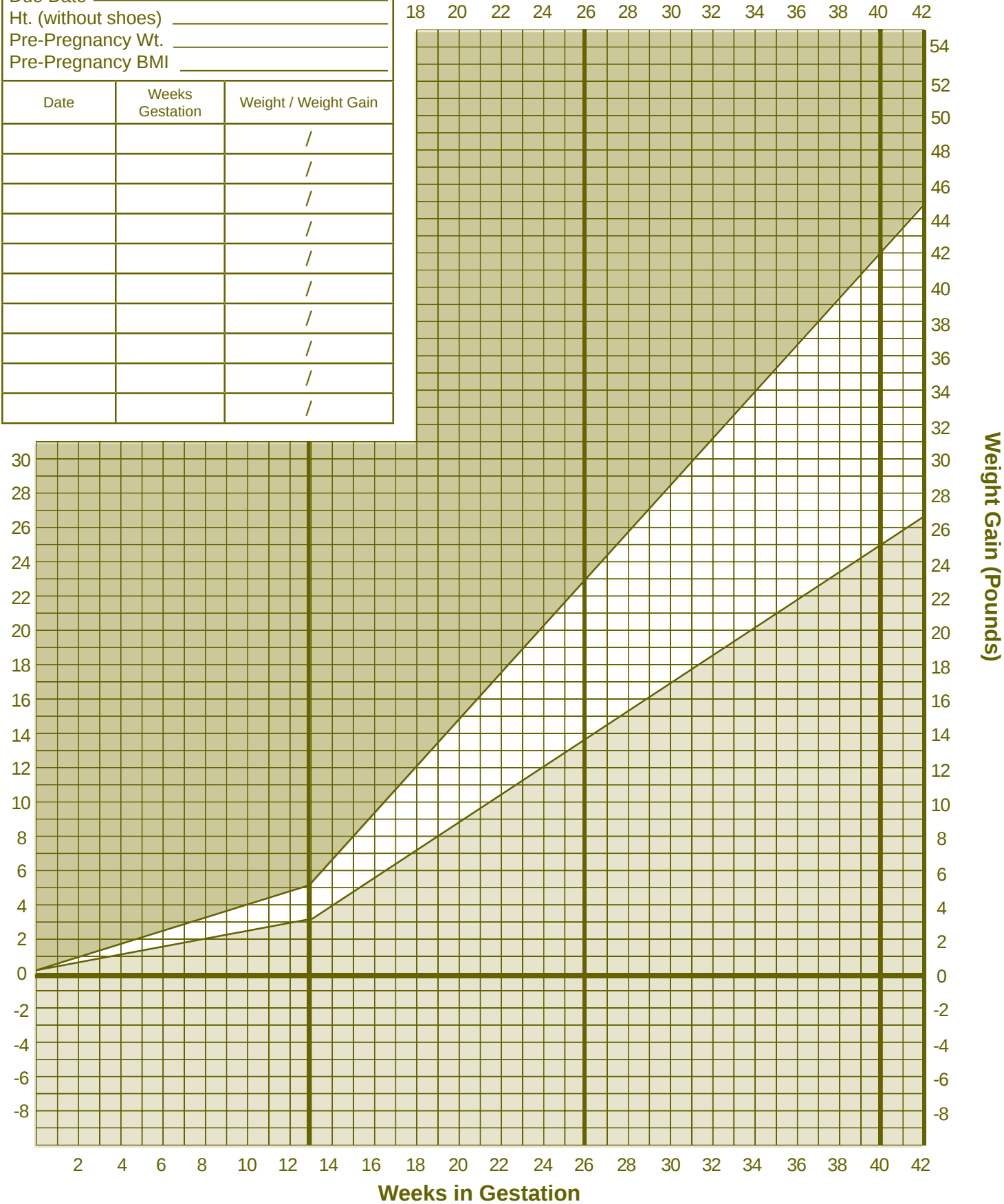
Due Date _____

Ht. (without shoes) _____

Pre-Pregnancy Wt. _____

Pre-Pregnancy BMI _____

Date	Weeks Gestation	Weight / Weight Gain
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Cuadro de Aumento de Peso Prenatal
BMI Antes del Embarazo ≥ 30.0

Recomendaciones de Aumento de Peso Total (multifetal):
• 25-42 lbs. de aumento de peso total

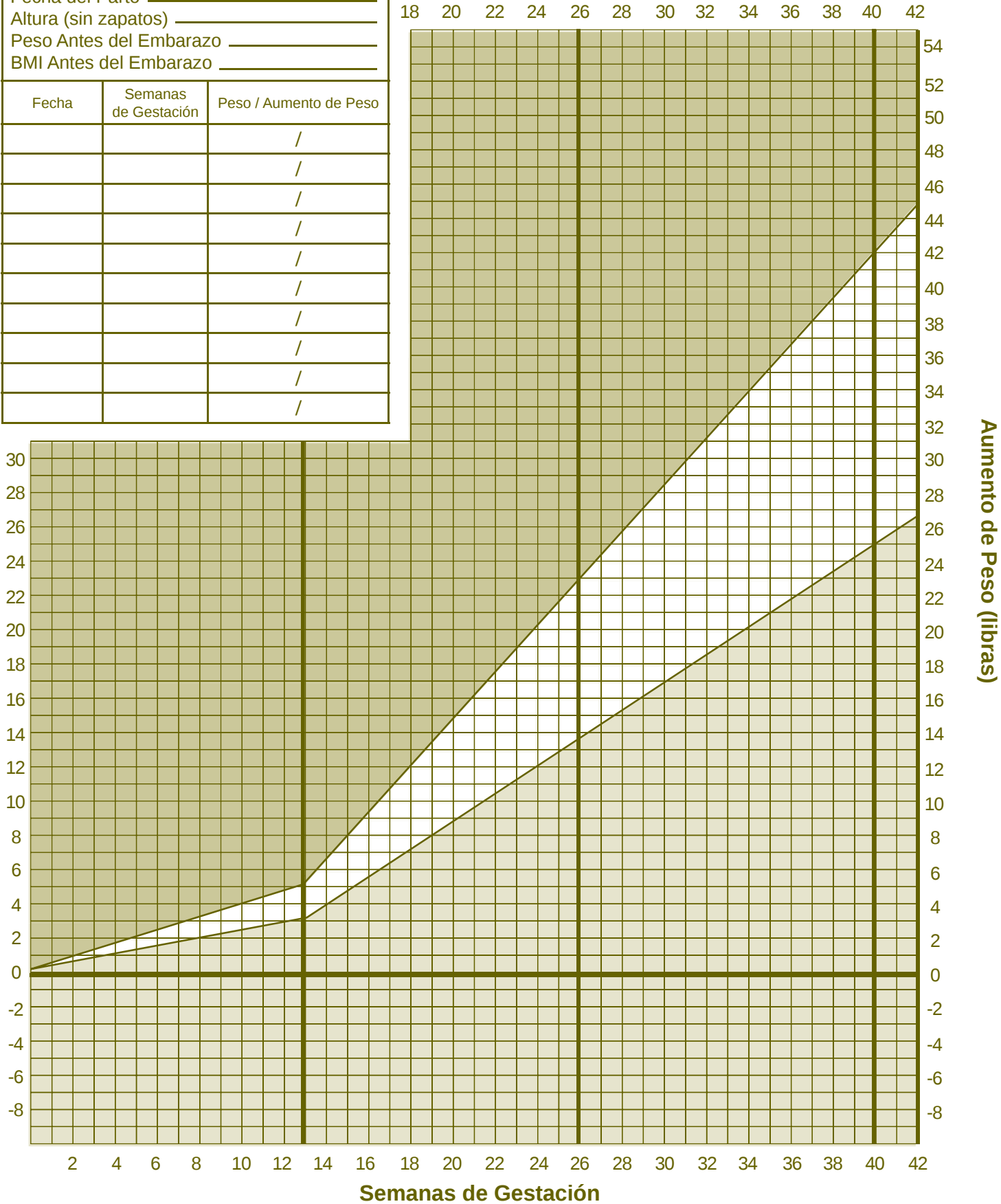
Fecha del Parto _____

Altura (sin zapatos) _____

Peso Antes del Embarazo _____

BMI Antes del Embarazo _____

Fecha	Semanas de Gestación	Peso / Aumento de Peso
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Prenatal Weight Gain Chart
Pre-Pregnancy BMI 25.0 - 29.9

Weight Gain Recommendations (multi-fetal):
• 31-50 lbs. total weight gain

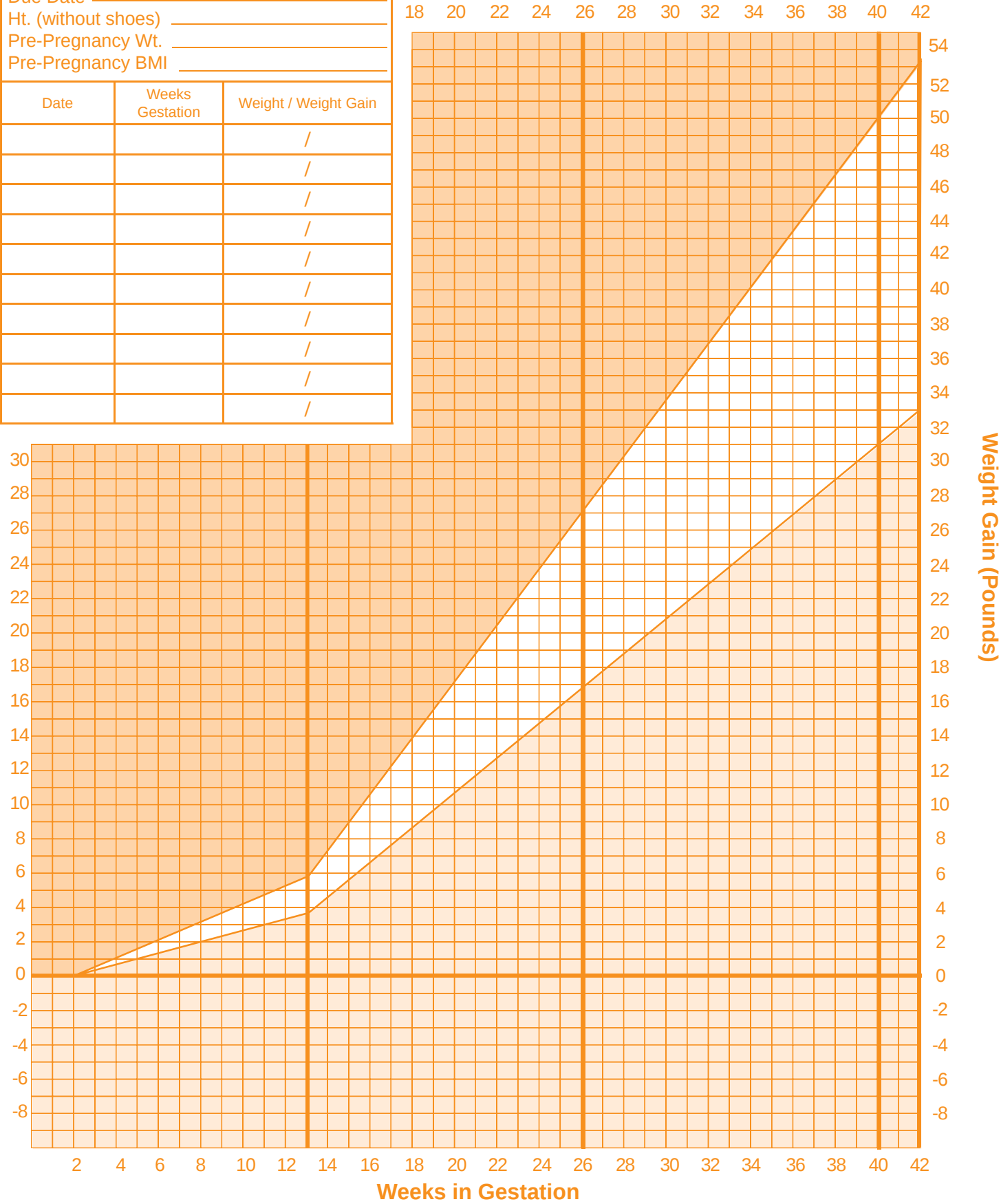
Due Date _____

Ht. (without shoes) _____

Pre-Pregnancy Wt. _____

Pre-Pregnancy BMI _____

Date	Weeks Gestation	Weight / Weight Gain
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Fecha del Parto _____

Altura (sin zapatos) _____

Peso Antes del Embarazo _____

BMI Antes del Embarazo _____

Fecha	Semanas de Gestación	Peso / Aumento de Peso
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