

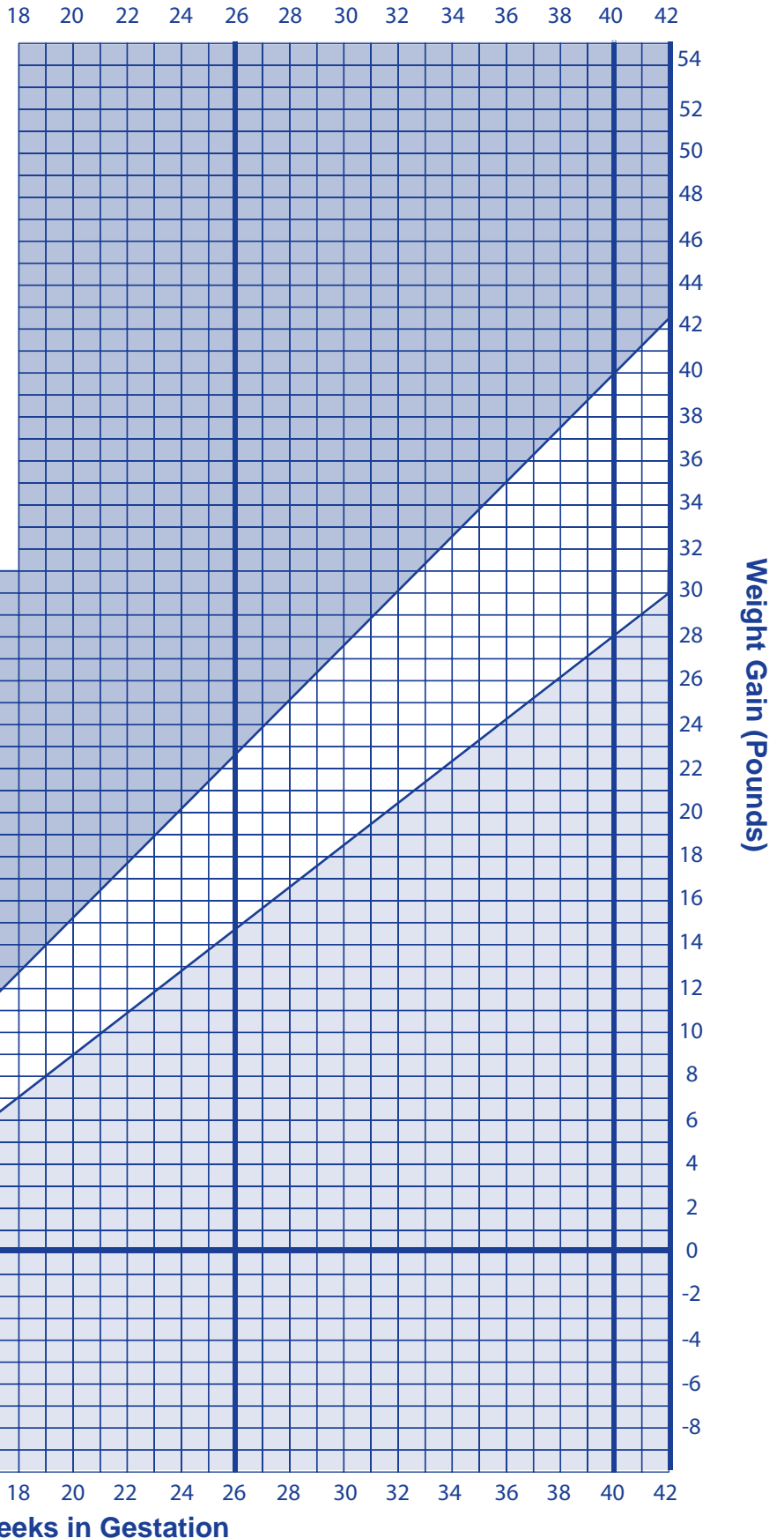
**Prenatal Weight Gain Chart**  
**Pre-Pregnancy BMI < 18.5**

**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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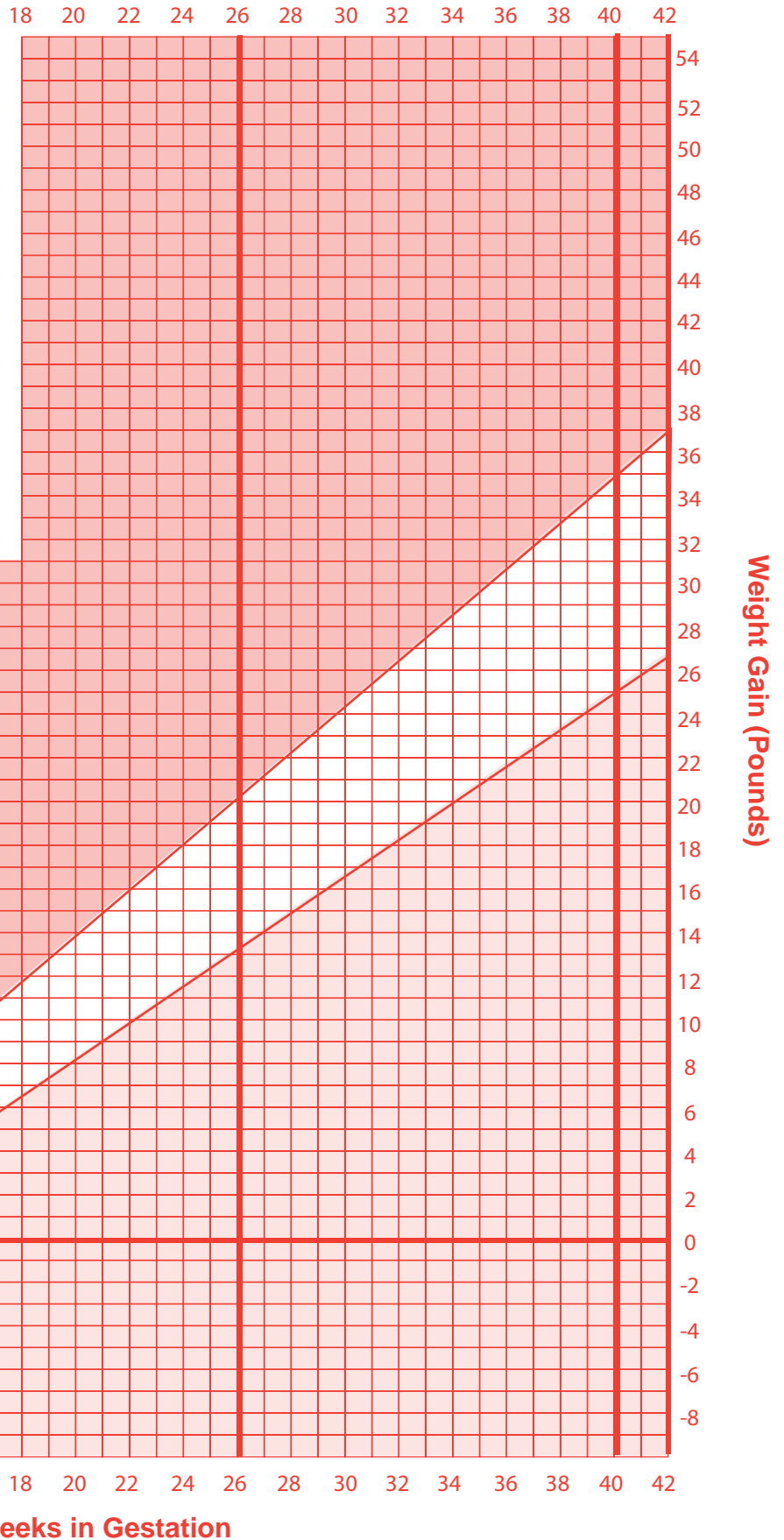
**Prenatal Weight Gain Chart**  
 Pre-Pregnancy BMI 18.5 - 24.9

**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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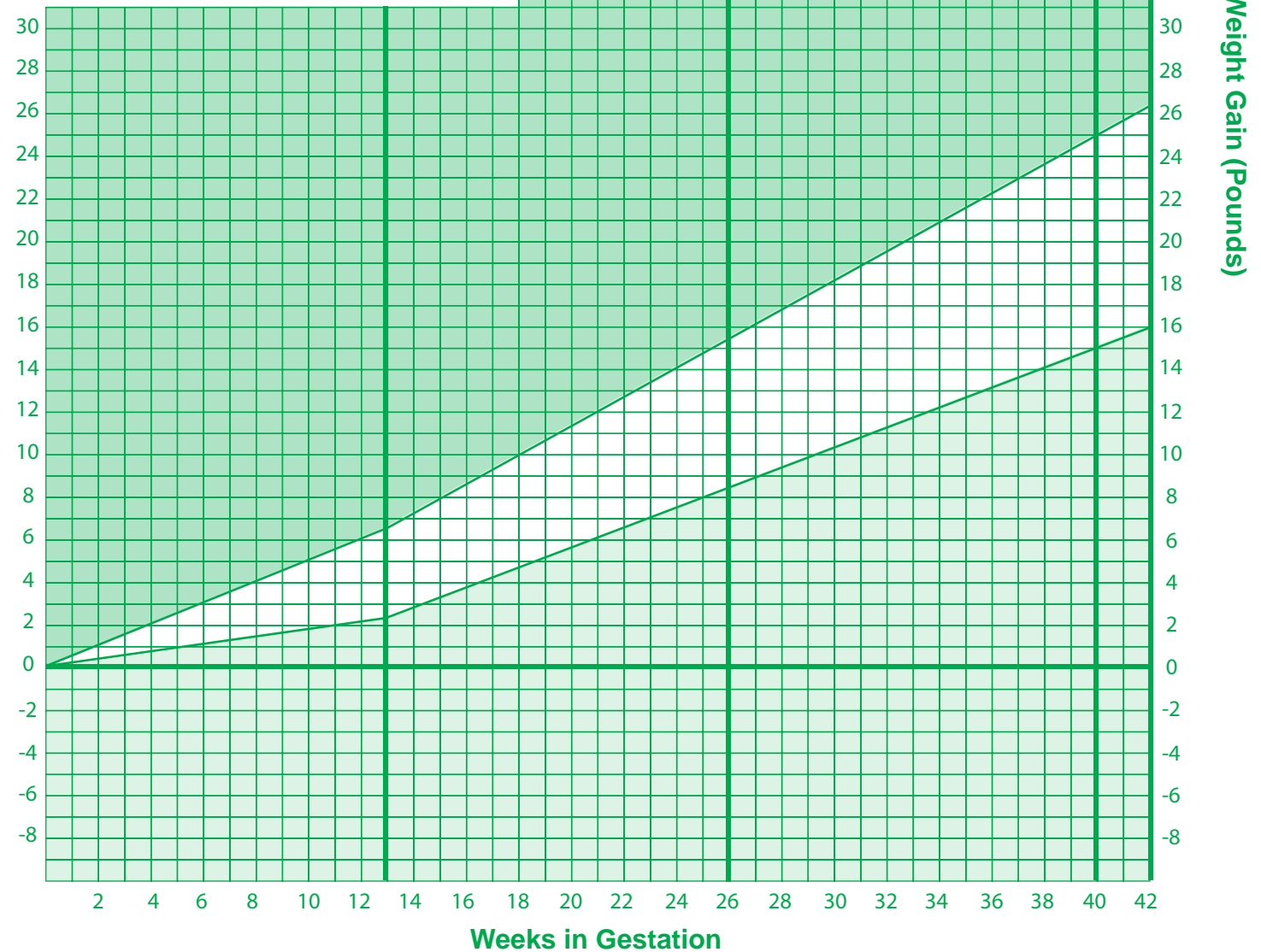
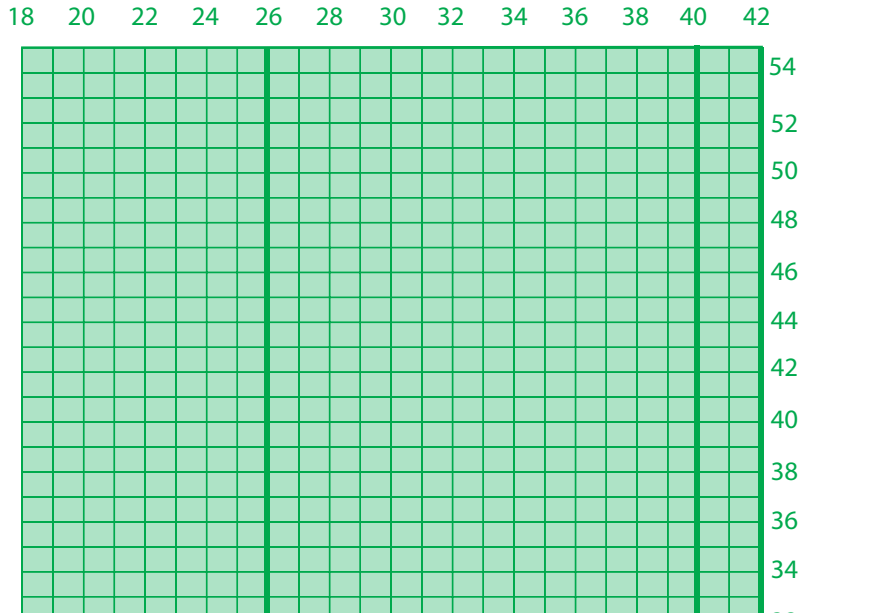
**Prenatal Weight Gain Chart**  
 Pre-Pregnancy BMI 25.0 - 29.9

**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

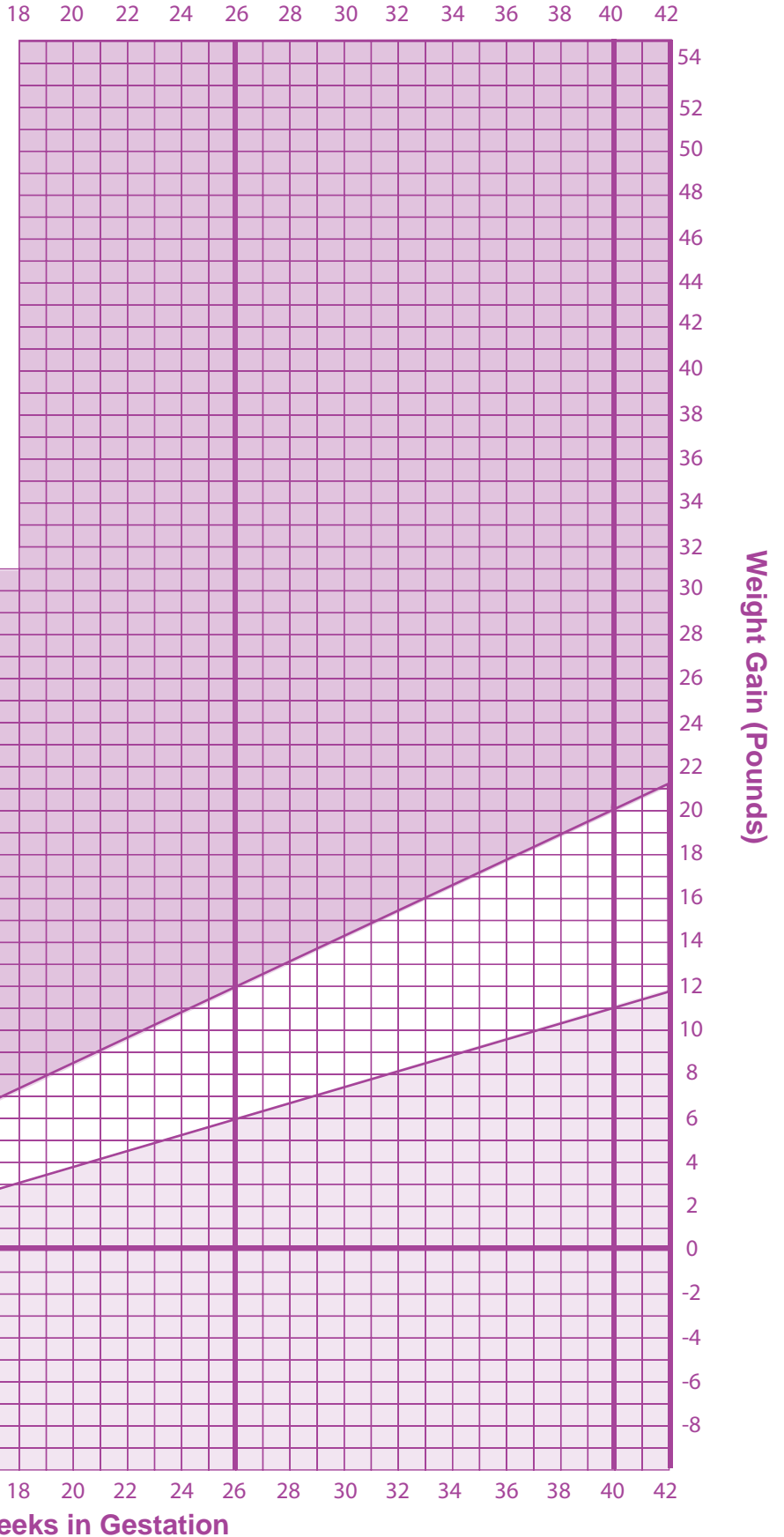
Pre-Pregnancy BMI  $\geq 30.0$

### 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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**Weight Gain Recommendations (multi-fetal):**

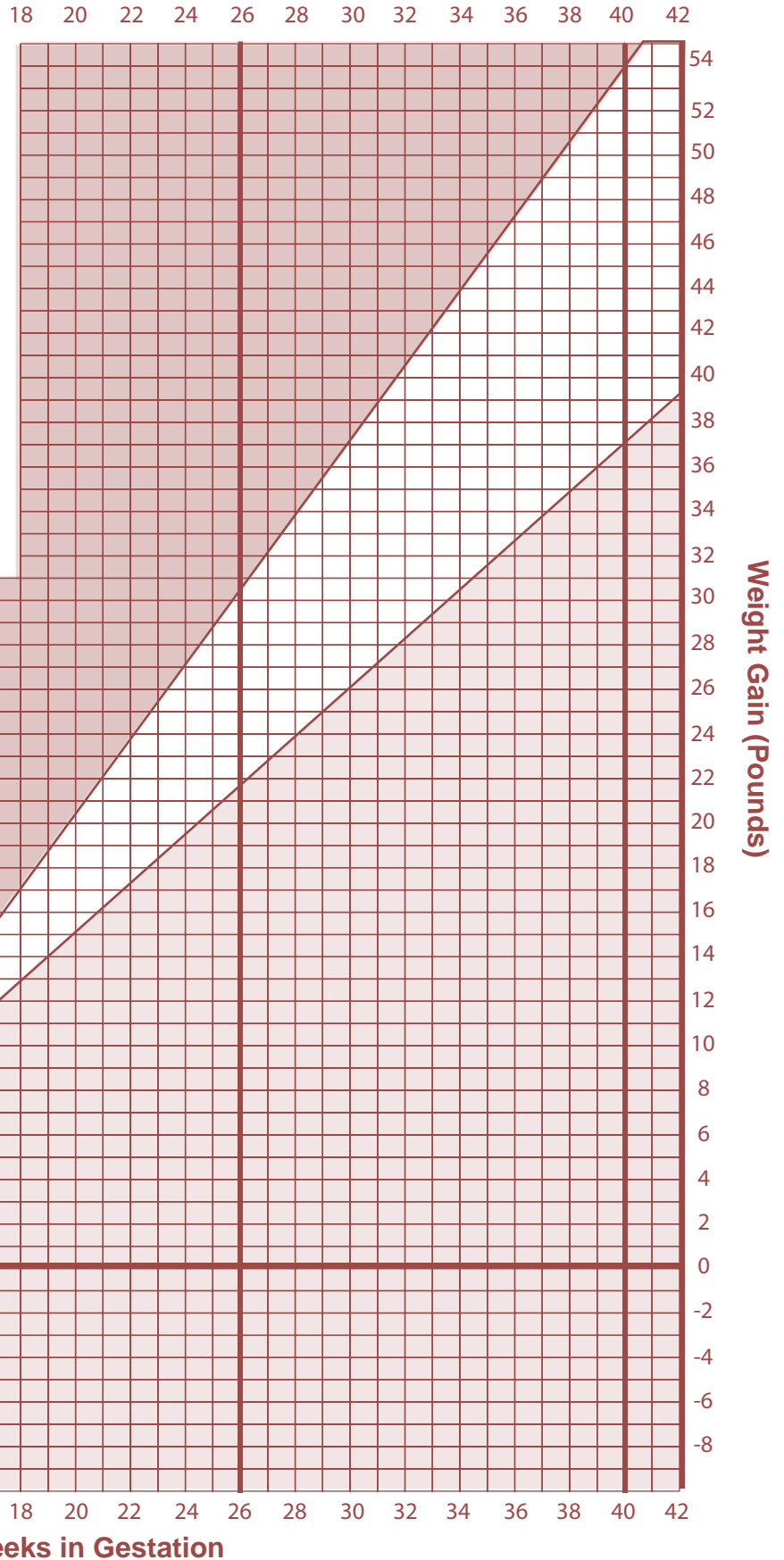
- 37-54 lbs. total weight gain

**Prenatal Weight Gain Chart**

Pre-Pregnancy BMI 18.5 - 24.9

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

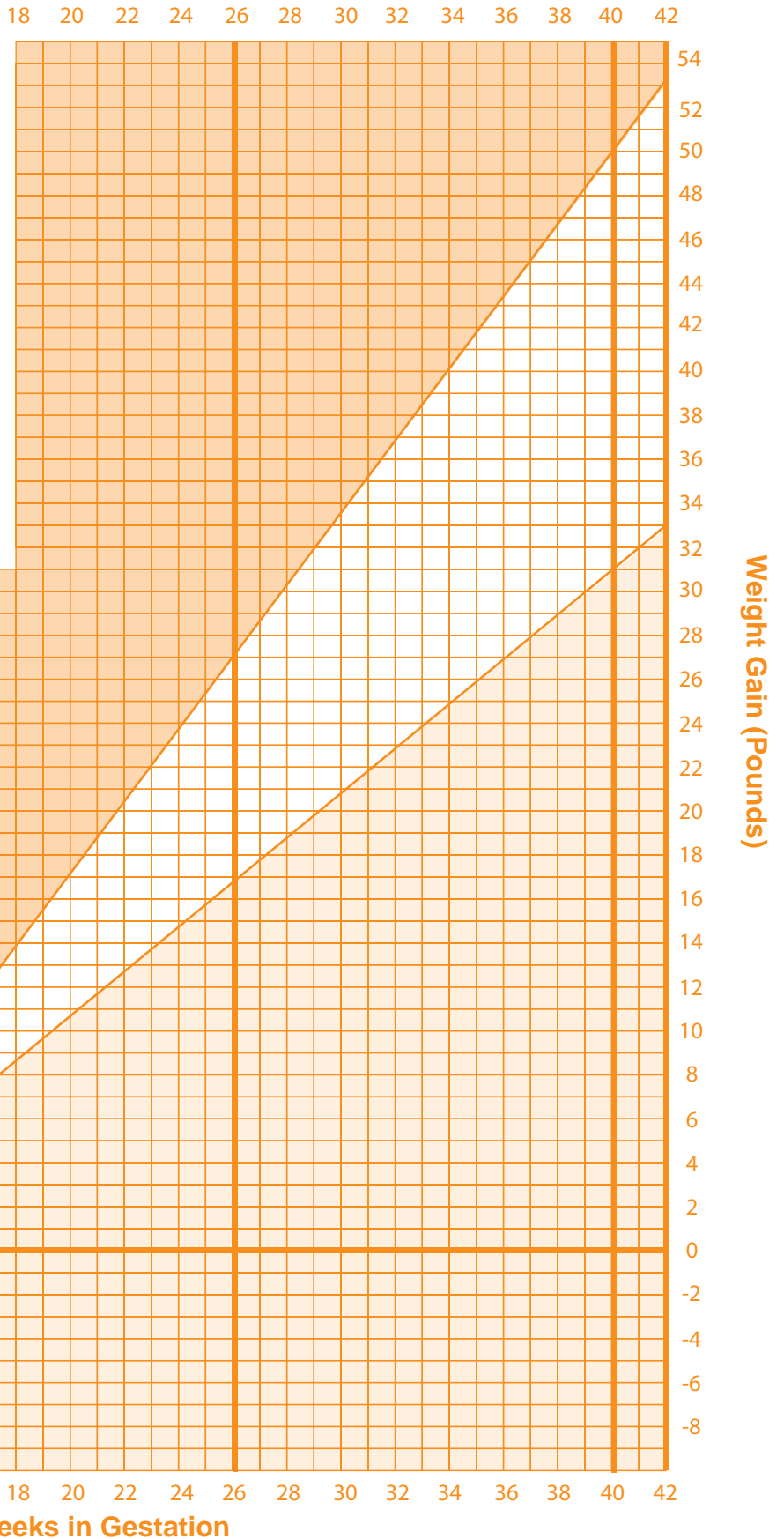
Date	Weeks Gestation	Weight / Weight Gain
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**Prenatal Weight Gain Chart**  
 Pre-Pregnancy BMI 25.0 - 29.9

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

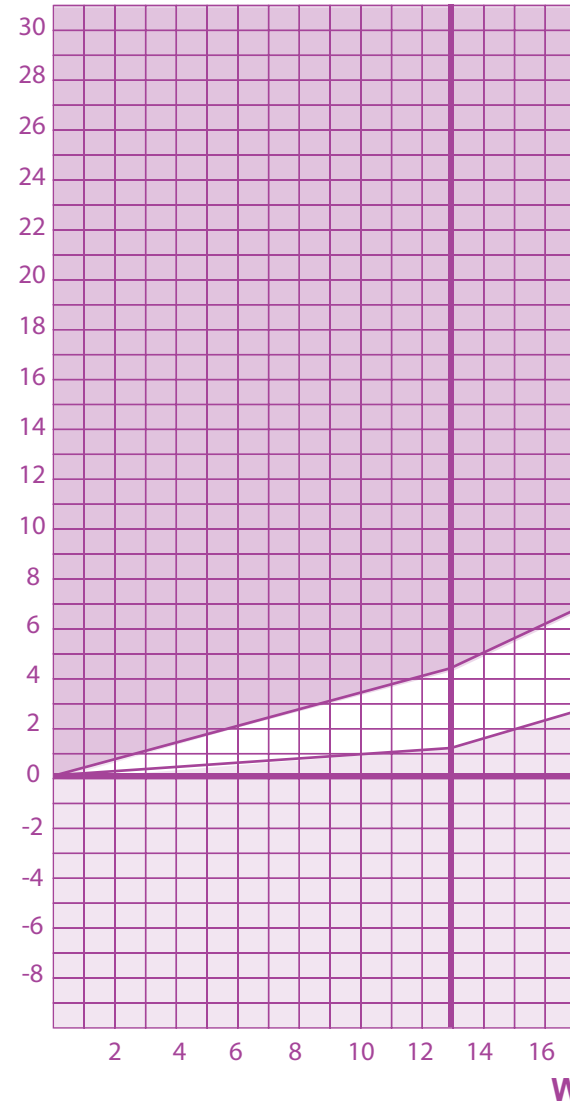
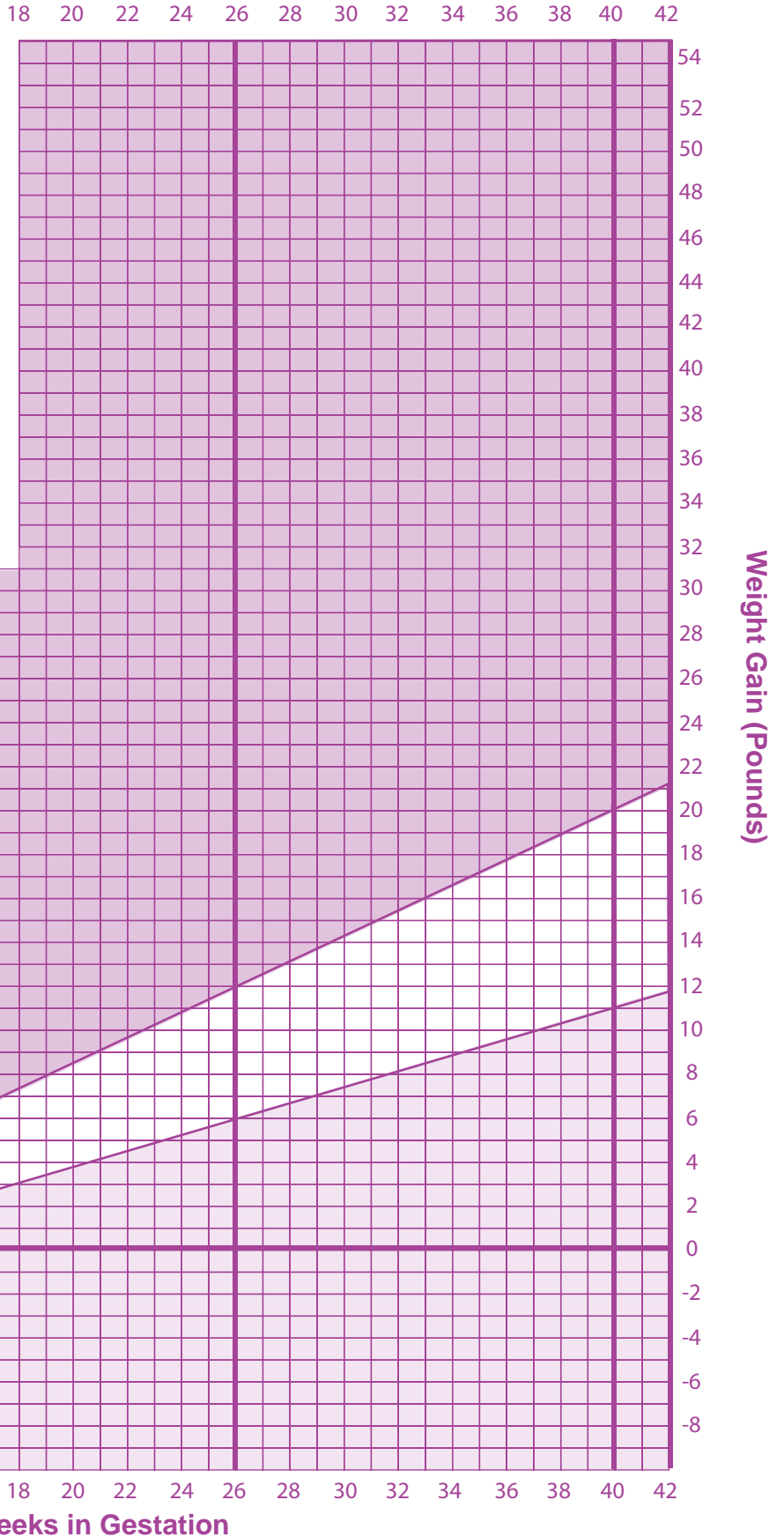
Pre-Pregnancy BMI  $\geq 30.0$

### 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 \_\_\_\_\_

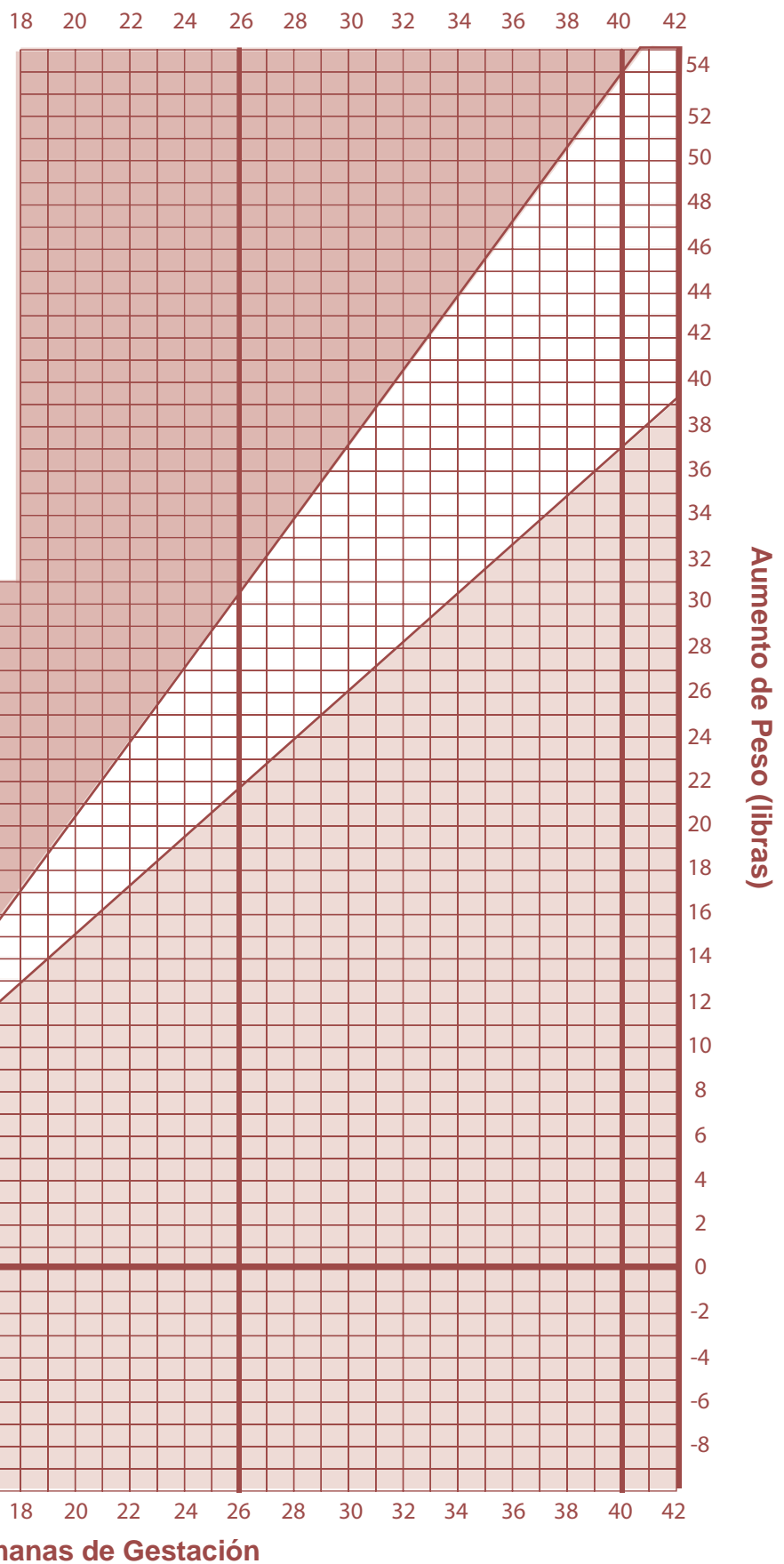
Date	Weeks Gestation	Weight / Weight Gain
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**Cuadro de Aumento de Peso Prenatal**  
**BMI Antes del Embarazo 18.5 - 24.9**

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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**Weight Gain Recommendations (multi-fetal):**

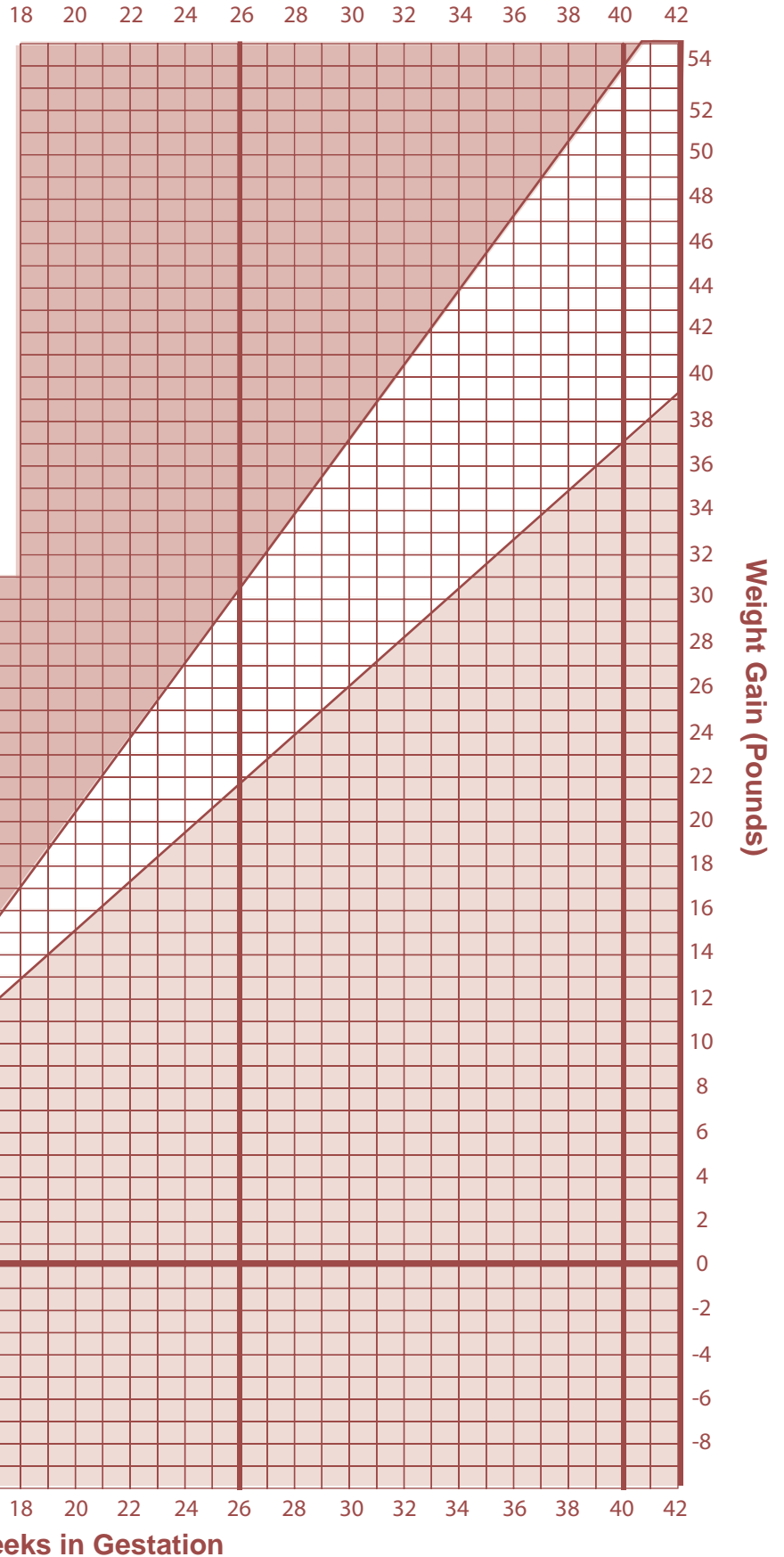
- 37-54 lbs. total weight gain

**Prenatal Weight Gain Chart**

Pre-Pregnancy BMI 18.5 - 24.9

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

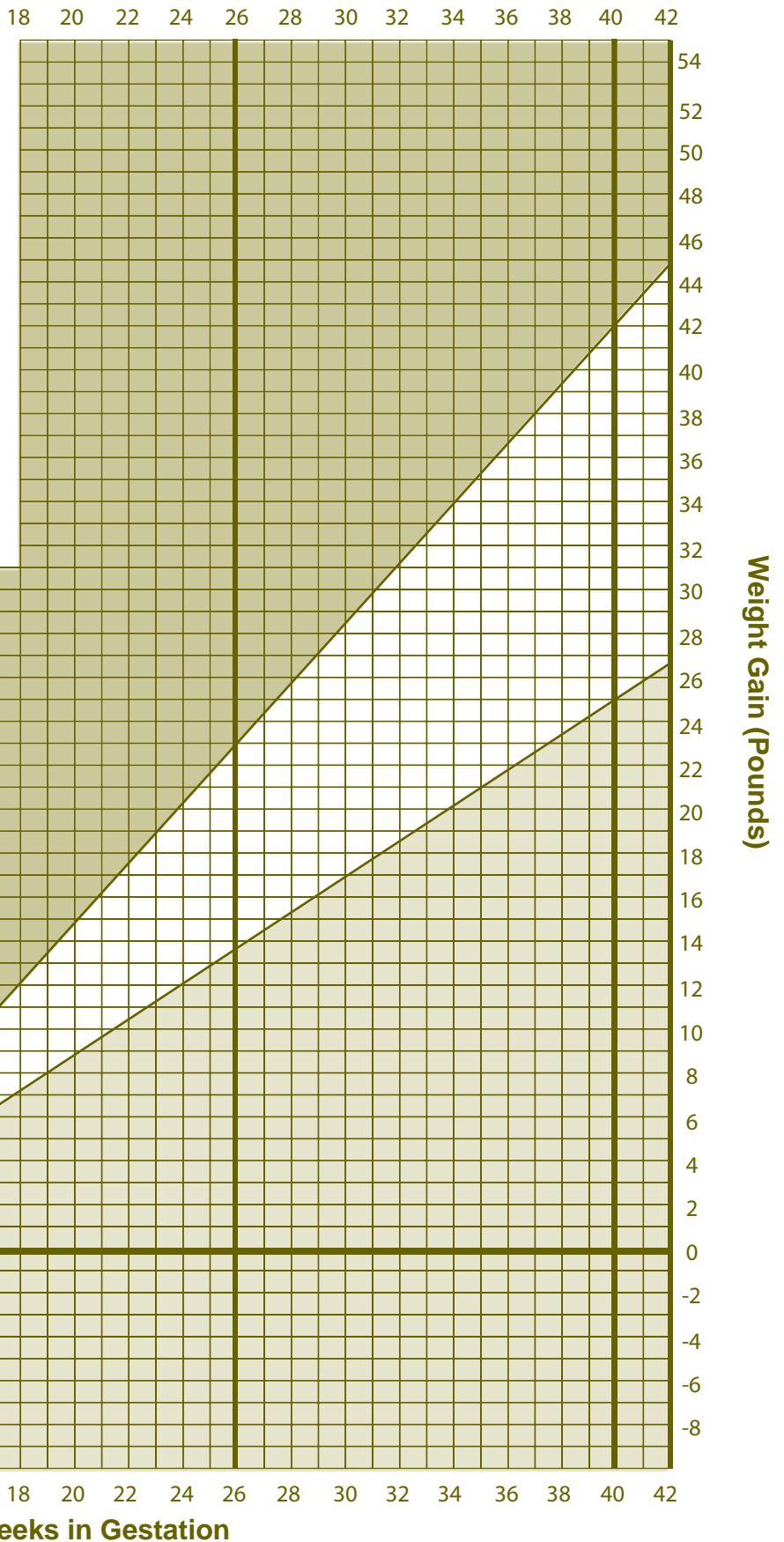
Date	Weeks Gestation	Weight / Weight Gain
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**Prenatal Weight Gain Chart**  
**Pre-Pregnancy BMI  $\geq 30.0$**

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

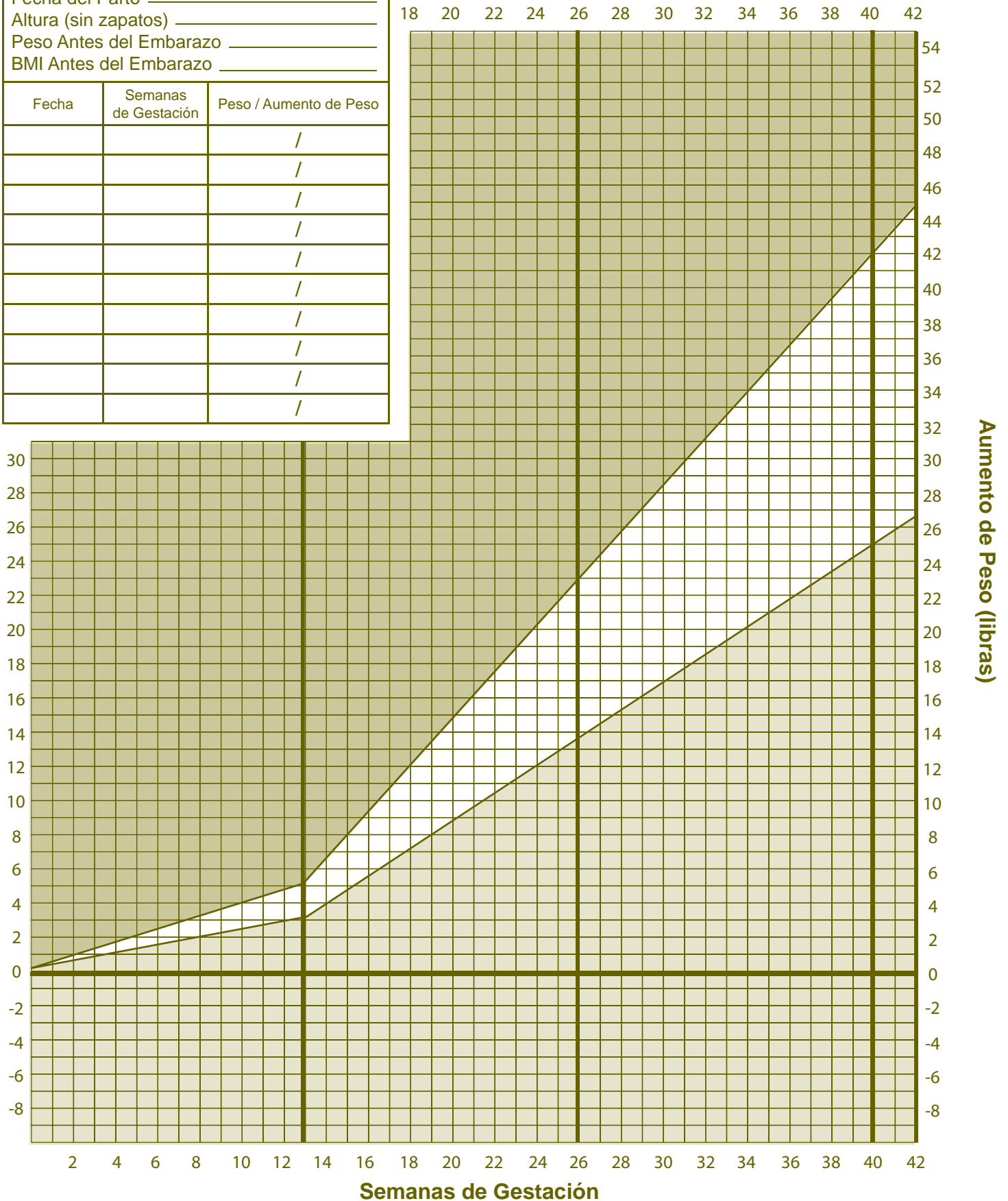
Date	Weeks Gestation	Weight / Weight Gain
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**Cuadro de Aumento de Peso Prenatal**  
**BMI Antes del Embarazo  $\geq 30.0$**

Fecha del Parto \_\_\_\_\_  
 Altura (sin zapatos) \_\_\_\_\_  
 Peso Antes del Embarazo \_\_\_\_\_  
 BMI Antes del Embarazo \_\_\_\_\_

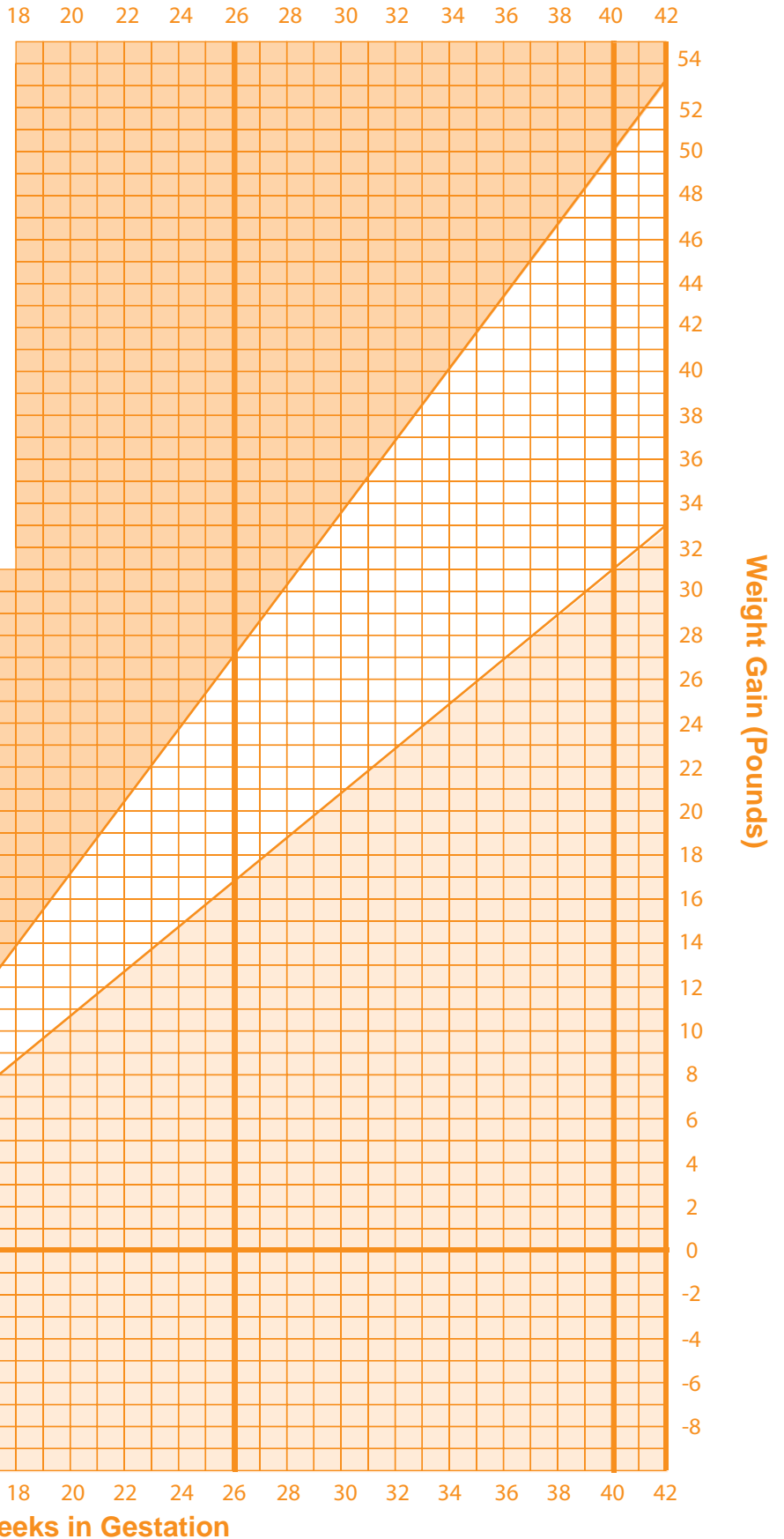
Fecha	Semanas de Gestación	Peso / Aumento de Peso
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**Prenatal Weight Gain Chart**  
Pre-Pregnancy BMI 25.0 - 29.9

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 25.0 - 29.9**

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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