

Prenatal Weight Gain Grid

Singleton Pregnancy Normal Weight or Obese

**Body Mass Index (BMI) Table for Determining
Weight Classification for Women (1)**
(weight in pounds)

Height (in inches no shoes)	<input type="checkbox"/> A Underweight BMI < 18.5	<input type="checkbox"/> B Normal Weight BMI 18.5 - 24.9	<input type="checkbox"/> C Overweight BMI 25.0 - 29.9	<input type="checkbox"/> D Obese BMI ≥ 30.0
58	< 89	89 – 118	119 – 142	> 142
59	< 92	92 – 123	124 – 147	> 147
60	< 95	95 – 127	128 – 152	> 152
61	< 98	98 – 131	132 – 157	> 157
62	< 101	101 – 135	136 – 163	> 163
63	< 105	105 – 140	141 – 168	> 168
64	< 108	108 – 144	145 – 173	> 173
65	< 111	111 – 149	150 – 179	> 179
66	< 115	115 – 154	155 – 185	> 185
67	< 118	118 – 158	159 – 190	> 190
68	< 122	122 – 163	164 – 196	> 196
69	< 125	125 – 168	169 – 202	> 202
70	< 129	129 – 173	174 – 208	> 208
71	< 133	133 – 178	179 – 214	> 214
72	< 137	137 – 183	184 – 220	> 220

Name: _____

ID#: _____ Date of Birth: _____

Weight Gain Recommendations

B - Normal Weight
25 to 35 lb total weight gain
1st trimester: 2.2 to 6.6 lb gain
2nd & 3rd trimesters: about 1 lb/week

D - Obese
11 to 20 lb total weight gain
1st trimester: 1.1 to 4.4 lb gain
2nd & 3rd trimesters: about 0.5 lb/week

Check one: B D

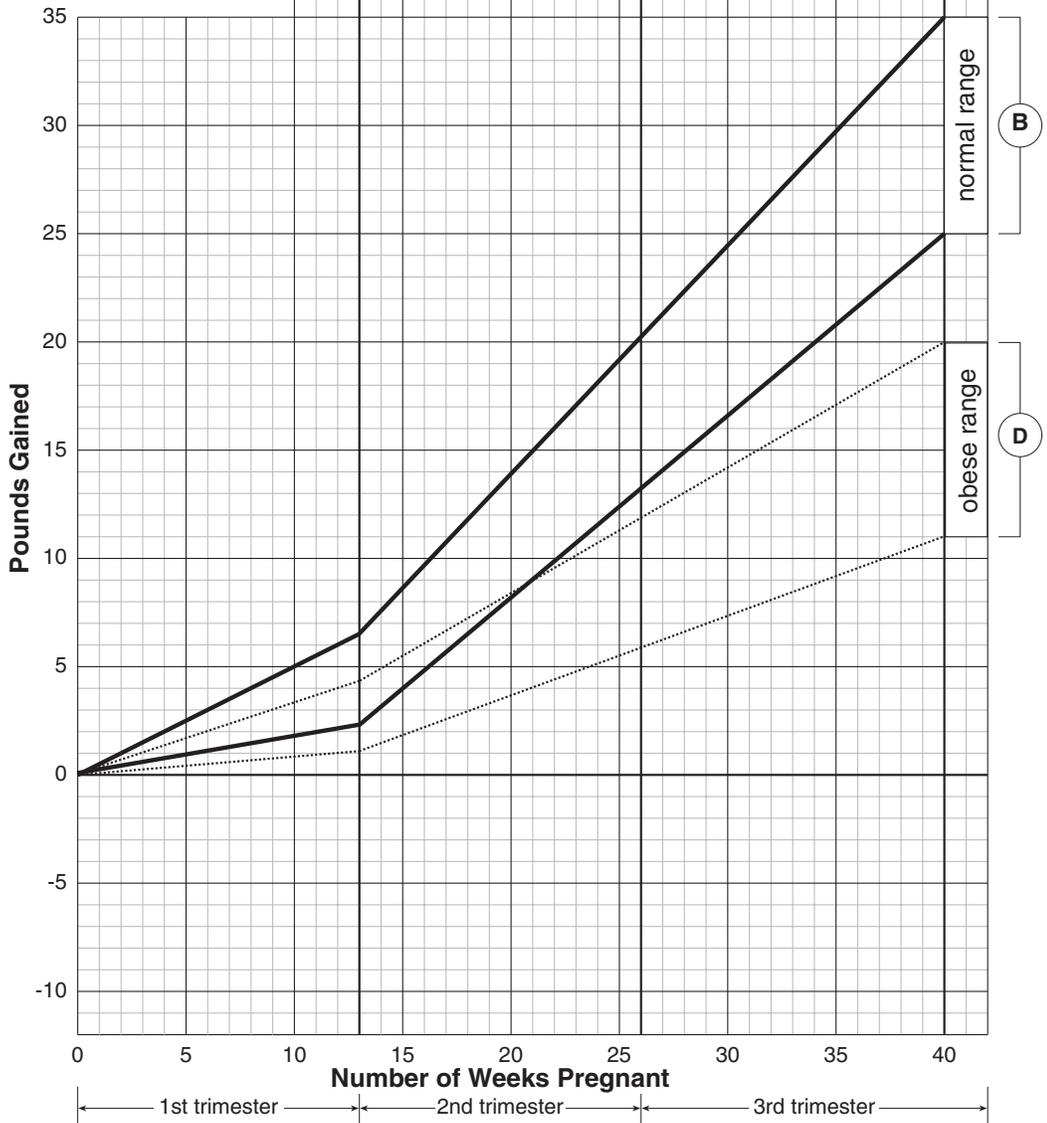
(1) Adapted from the Clinical Guidelines on the Identification, Evaluation and Treatment of Overweight and Obesity in Adults. National Heart, Lung and Blood Institute (NHLBI), National Institutes of Health (NIH). NIH Publication No. 98-4083.

Date	Weight	# Wks. Preg.	Total Wt. Gain

EDD: _____

Height (no shoes): _____

Prepregnancy Weight: _____



If prepregnancy weight is unknown, use professional judgement to select A, B, C, or D range. Next, plot the midpoint of the selected range for the number of weeks pregnant to obtain the Expected Weight Gain. Then use this equation:

$$\left[\begin{array}{c} \text{Current} \\ \text{Weight} \end{array} \right] - \left[\begin{array}{c} \text{Expected} \\ \text{Weight} \\ \text{Gain} \end{array} \right] = \text{Estimated} \\ \text{Prepregnancy} \\ \text{Weight}$$

See top of page 2 for instructions.

