



# Prenatal Weight Gain Grid in Pounds

The weight gain lines indicate the minimum weight gain for the BMI ranges.  
Gain below these lines is considered inadequate weight gain.

Colorado Department of Public Health and Environment

- Underweight Pre-pregnancy BMI <19.8, 28-40 pounds
- Normal Pre-pregnancy BMI 19.8-26.0, 25-35 pounds
- Overweight Pre-pregnancy BMI 26.1-29.0, 15-25 pounds
- Obese Pre-pregnancy BMI >29.0, 15 pounds

Name: \_\_\_\_\_  
 Due Date: \_\_\_\_\_  
 Ht.: **5'6"** Pre-pregnancy Wt: **130#**  
 BMI: **21.1-Normal**

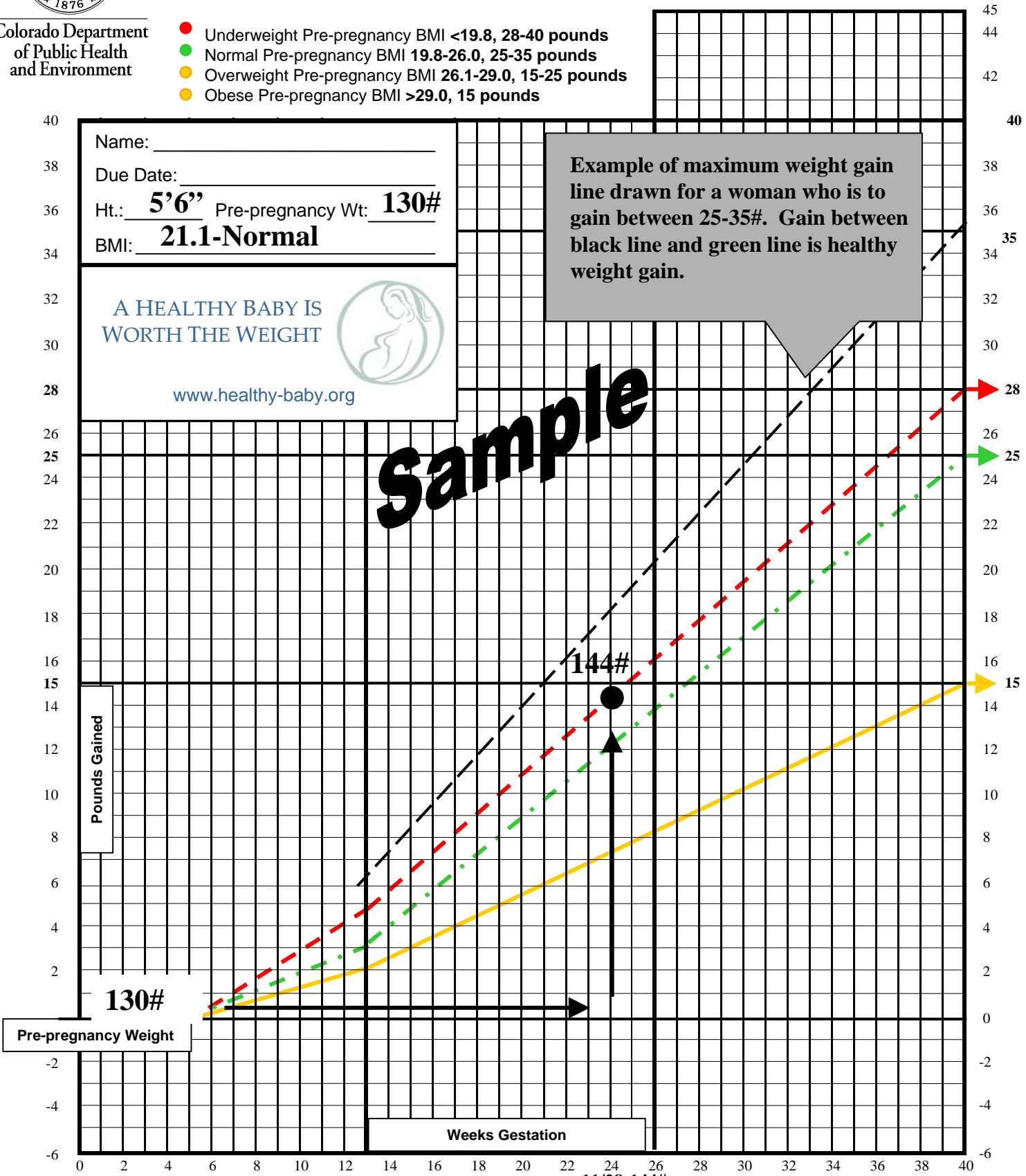
A HEALTHY BABY IS WORTH THE WEIGHT



www.healthy-baby.org

Example of maximum weight gain line drawn for a woman who is to gain between 25-35#. Gain between black line and green line is healthy weight gain.

# Sample



Current weight and date: 11/28-144#  
 Weight last visit: 130#  
 Change since last visit: + 14#

**Inadequate weight gain** = weight below the appropriate line, any weight loss below pre-pregnancy weight in the 1st trimester, weight loss  $\geq 2\#$  in the 2nd or 3rd trimester, **OR** weight gain of less than 2# per month during the 2<sup>nd</sup> or 3<sup>rd</sup> trimester.  
**Excessive weight gain** =  $\geq 7$  pounds/month. Use 1 month = 4 weeks

## How to Plot Your Weight on the Prenatal Weight Gain Grid

1. Use the BMI calculator to determine your weight gain category and which grid lines you should follow (red, green or yellow).
2. Start by entering your weight before pregnancy (pregravid) weight on the zero pounds line.
3. The line across the bottom of the grid is the weeks of pregnancy. The number of pounds gained is found on each side of the grid.
4. From the pregravid (zero pounds) line, count the squares above or below to mark your pounds gained or lost so far. Each square is one pound.

### EXAMPLE:

Ellen weighed 130# before pregnancy. By 24 weeks, she weighed 144#. She had gained 14 pounds. (Insert small grid with this marked on it)

**REMEMBER!!!** The colored lines represent the minimum amount of weight gain recommended.

If you are concerned that you are gaining too much, try drawing a line with a ruler from the upper weight gain range (35 or 40 pounds), down to the 13<sup>th</sup> week of pregnancy. In the example, a healthy range of weight gain would fall between the black and green lines.

For tips on how to gain enough weight, or if you are gaining too quickly, refer to the [Nutrition Information & Material section](#).

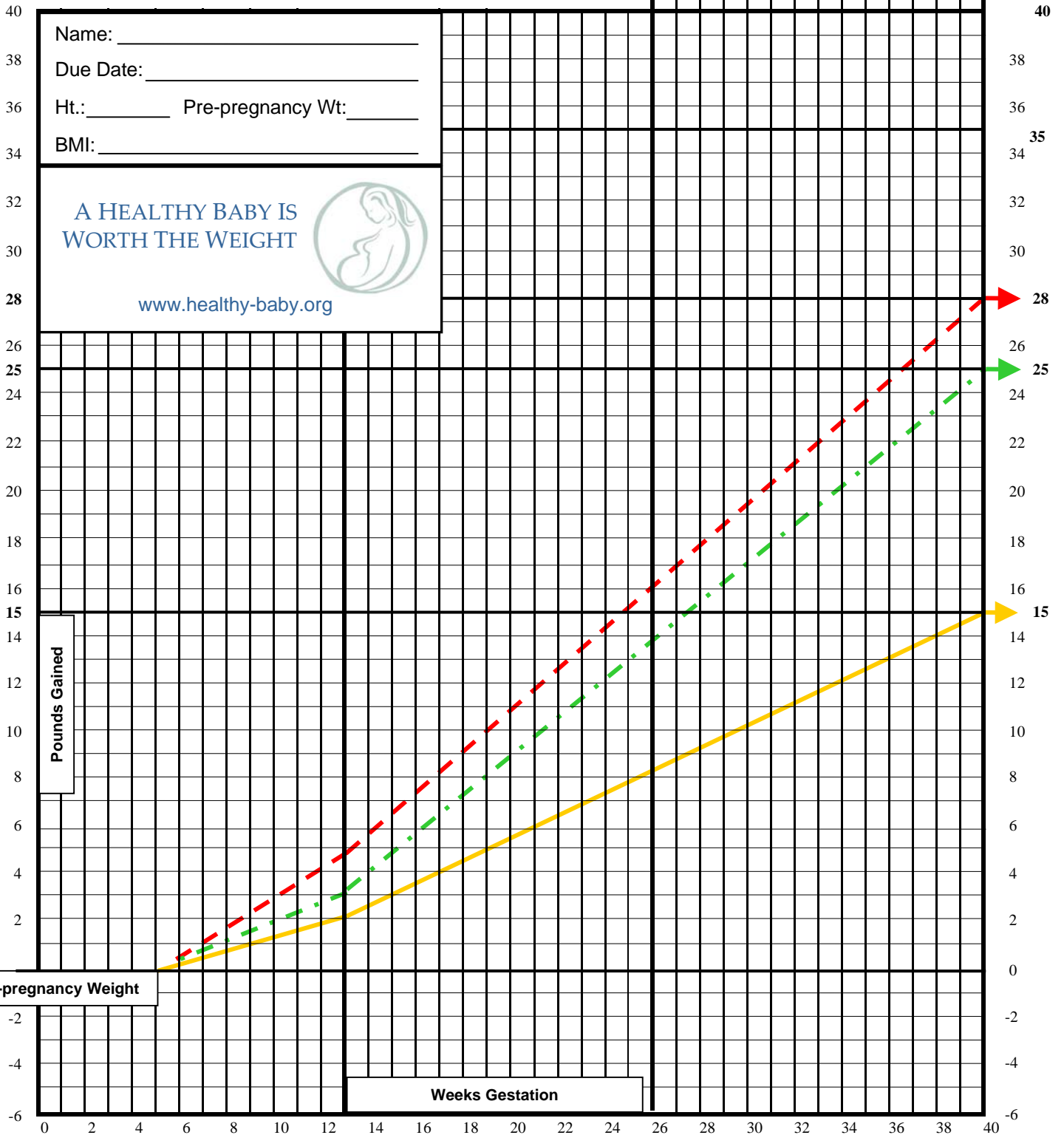


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**Current weight and date:** \_\_\_\_\_

**Weight last visit:** \_\_\_\_\_

**Change since last visit:** \_\_\_\_\_

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