

Prenatal Weight Gain Grid in Pounds

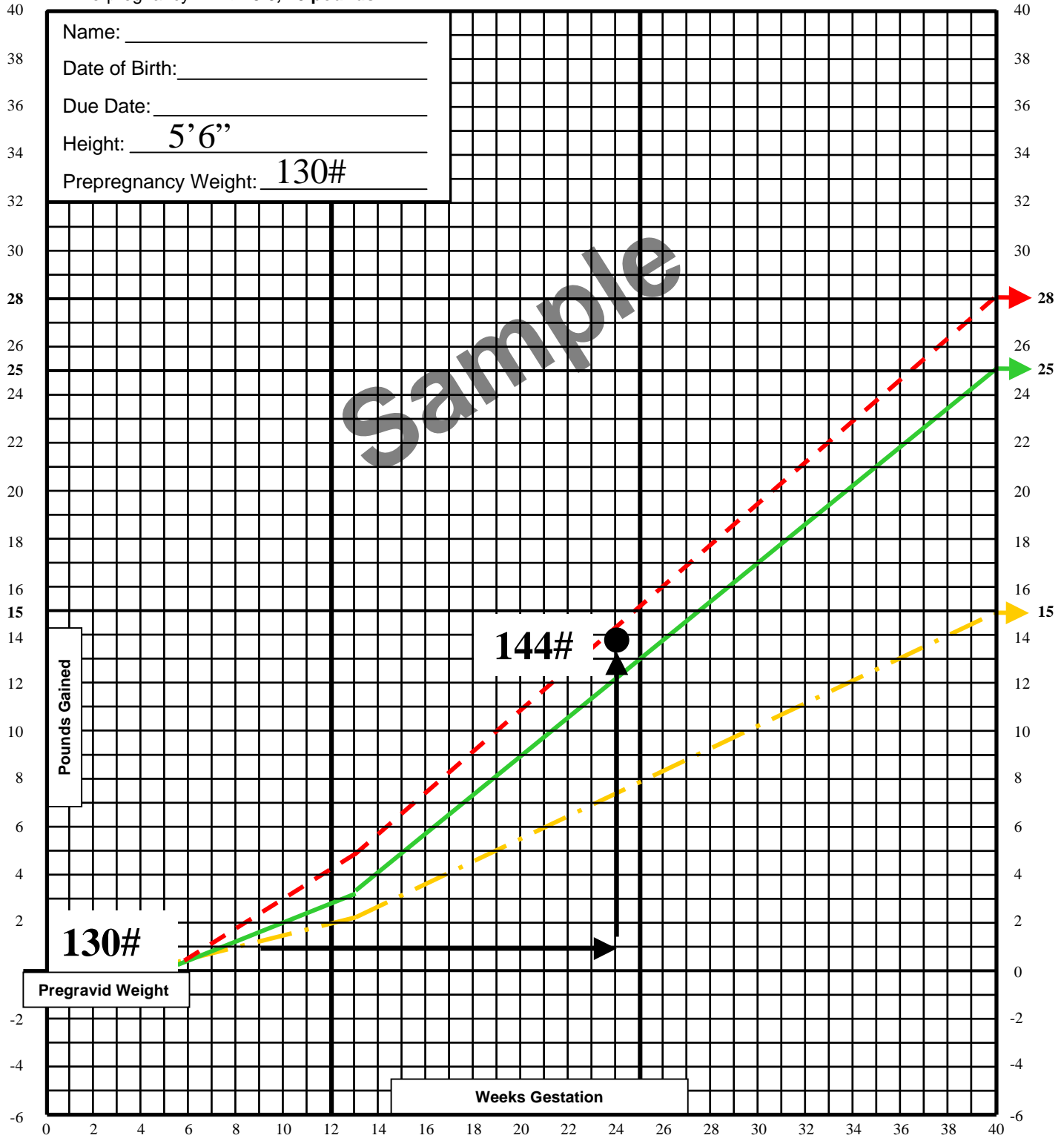


A HEALTHY BABY
IS WORTH THE WEIGHT

The weight gain lines indicate the minimum weight gain for the BMI ranges.

Gain below these lines is considered inadequate weight gain.

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



Current weight and date: 144#
Weight last visit: 130#
Change since last visit: 14#

Inadequate weight gain = weight below the appropriate line **OR** any weight loss below pregravid weight in the 1st trimester **OR** weight loss ≥ 2 pounds in the 2nd or 3rd trimester

Excessive weight gain = ≥ 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 line 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:

Stephanie 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 13th week of pregnancy. This will let you know if you are gaining within your range.

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

