

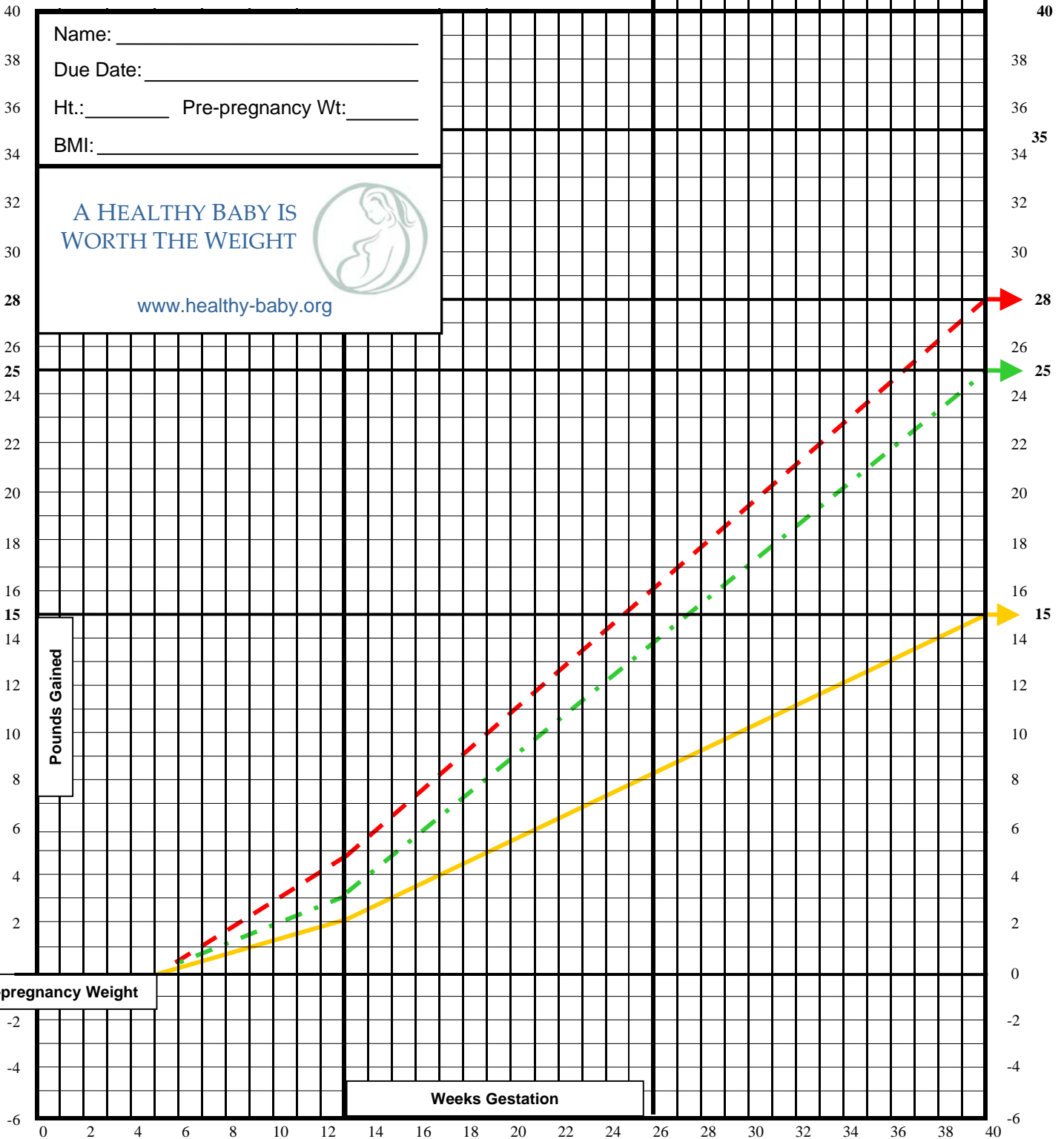


Prenatal Weight Gain Grid in Pounds

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



Current weight and date: _____
Weight last visit: _____
Change since last visit: _____

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 2nd or 3rd trimester.
Excessive weight gain = ≥ 7 pounds/month. Use 1 month = 4 weeks