

WV WIC PRENATAL WEIGHT GAIN CHART

**Pre-Pregnancy Overweight
BMI 25.0–29.9**

Weight Gain Recommendations (singleton):

- ◆ 2.2–6.6 lb. gain 1st trimester
- ◆ 0.6 lb. gain per week 2nd and 3rd trimesters
- ◆ 15–25 lb. total weight gain

Last Name	First Name
Participant WIC I.D.	

