

# PRENATAL WEIGHT GAIN CHART

**Pre-Pregnancy Obese  
 BMI ≥ 30.0**

**Weight Gain Recommendations (singleton):**

- ◆ 1.1–4.4 lb. gain 1<sup>st</sup> trimester
- ◆ 0.5 lb. gain per week 2<sup>nd</sup> and 3<sup>rd</sup> trimesters
- ◆ 11–20 lb. total weight gain

1. Last Name	First Name	MI
2. Patient Number		
3. Date of Birth (MM/DD/YYYY)	Month	Day Year
4. Race	<input type="checkbox"/> American Indian or Alaska Native <input type="checkbox"/> Asian <input type="checkbox"/> Black/African American <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <input type="checkbox"/> Unknown <input type="checkbox"/> White	
5. Ethnic Origin	<input type="checkbox"/> Hispanic Cuban <input type="checkbox"/> Hispanic Mexican American <input type="checkbox"/> Hispanic Other <input type="checkbox"/> Hispanic Puerto Rican <input type="checkbox"/> Not Hispanic/Latino <input type="checkbox"/> Unreported	
6. Gender	<input type="checkbox"/> Female <input type="checkbox"/> Male	
7. County of Residence		

