

Prenatal Weight Gain Grid

Singleton Pregnancy Normal Weight or Obese

Body Mass Index (BMI) Table for Determining Weight Classification for Women (1) (weight in pounds)

Height (in inches no shoes)	<input type="checkbox"/> A Normal Weight BMI 18.5 - 24.9	<input type="checkbox"/> B Underweight BMI < 18.5	<input type="checkbox"/> C Overweight BMI 25.0 - 29.9	<input type="checkbox"/> D Obese BMI ≥ 30.0
58	89 – 118	< 89	119 – 142	> 142
59	92 – 123	< 92	124 – 147	> 147
60	95 – 127	< 95	128 – 152	> 152
61	98 – 131	< 98	132 – 157	> 157
62	101 – 135	< 101	136 – 163	> 163
63	105 – 140	< 105	141 – 168	> 168
64	108 – 144	< 108	145 – 173	> 173
65	111 – 149	< 111	150 – 179	> 179
66	115 – 154	< 115	155 – 185	> 185
67	118 – 158	< 118	159 – 190	> 190
68	122 – 163	< 122	164 – 196	> 196
69	125 – 168	< 125	169 – 202	> 202
70	129 – 173	< 129	174 – 208	> 208
71	133 – 178	< 133	179 – 214	> 214
72	137 – 183	< 137	184 – 220	> 220

Name: _____

ID#: _____ Date of Birth: _____

Weight Gain Recommendations

A - Normal Weight
25 to 35 lb total weight gain
1st trimester: 2.2 to 6.6 lb gain
2nd & 3rd trimesters: about 1 lb/week

D - Obese
11 to 20 lb total weight gain
1st trimester: 1.1 to 4.4 lb gain
2nd & 3rd trimesters: about 0.5 lb/week

Check one: A D

(1) Adapted from the Clinical Guidelines on the Identification, Evaluation and Treatment of Overweight and Obesity in Adults. National Heart, Lung and Blood Institute (NHLBI), National Institutes of Health (NIH). NIH Publication No. 98-4083.

Date	Weight	# Wks. Preg.	Total Wt. Gain

EDD: _____

Height (no shoes): _____

Prepregnancy Weight: _____

If prepregnancy weight is unknown, use professional judgement to select A, B, C, or D range. Next, plot the midpoint of the selected range for the number of weeks pregnant to obtain the Expected Weight Gain. Then use this equation:

$$\left[\begin{array}{c} \text{Current} \\ \text{Weight} \end{array} \right] - \left[\begin{array}{c} \text{Expected} \\ \text{Weight} \\ \text{Gain} \end{array} \right] = \begin{array}{c} \text{Estimated} \\ \text{Prepregnancy} \\ \text{Weight} \end{array}$$

See top of page 2 for instructions.



