

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 Underweight BMI < 18.5	<input type="checkbox"/> B Normal Weight BMI 18.5 - 24.9	<input type="checkbox"/> C Overweight BMI 25.0 - 29.9	<input type="checkbox"/> D Obese BMI ≥ 30.0
58	< 89	89 – 118	119 – 142	> 142
59	< 92	92 – 123	124 – 147	> 147
60	< 95	95 – 127	128 – 152	> 152
61	< 98	98 – 131	132 – 157	> 157
62	< 101	101 – 135	136 – 163	> 163
63	< 105	105 – 140	141 – 168	> 168
64	< 108	108 – 144	145 – 173	> 173
65	< 111	111 – 149	150 – 179	> 179
66	< 115	115 – 154	155 – 185	> 185
67	< 118	118 – 158	159 – 190	> 190
68	< 122	122 – 163	164 – 196	> 196
69	< 125	125 – 168	169 – 202	> 202
70	< 129	129 – 173	174 – 208	> 208
71	< 133	133 – 178	179 – 214	> 214
72	< 137	137 – 183	184 – 220	> 220

Name: _____

ID#: _____ Date of Birth: _____

Weight Gain Recommendations

B - 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: B 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: _____

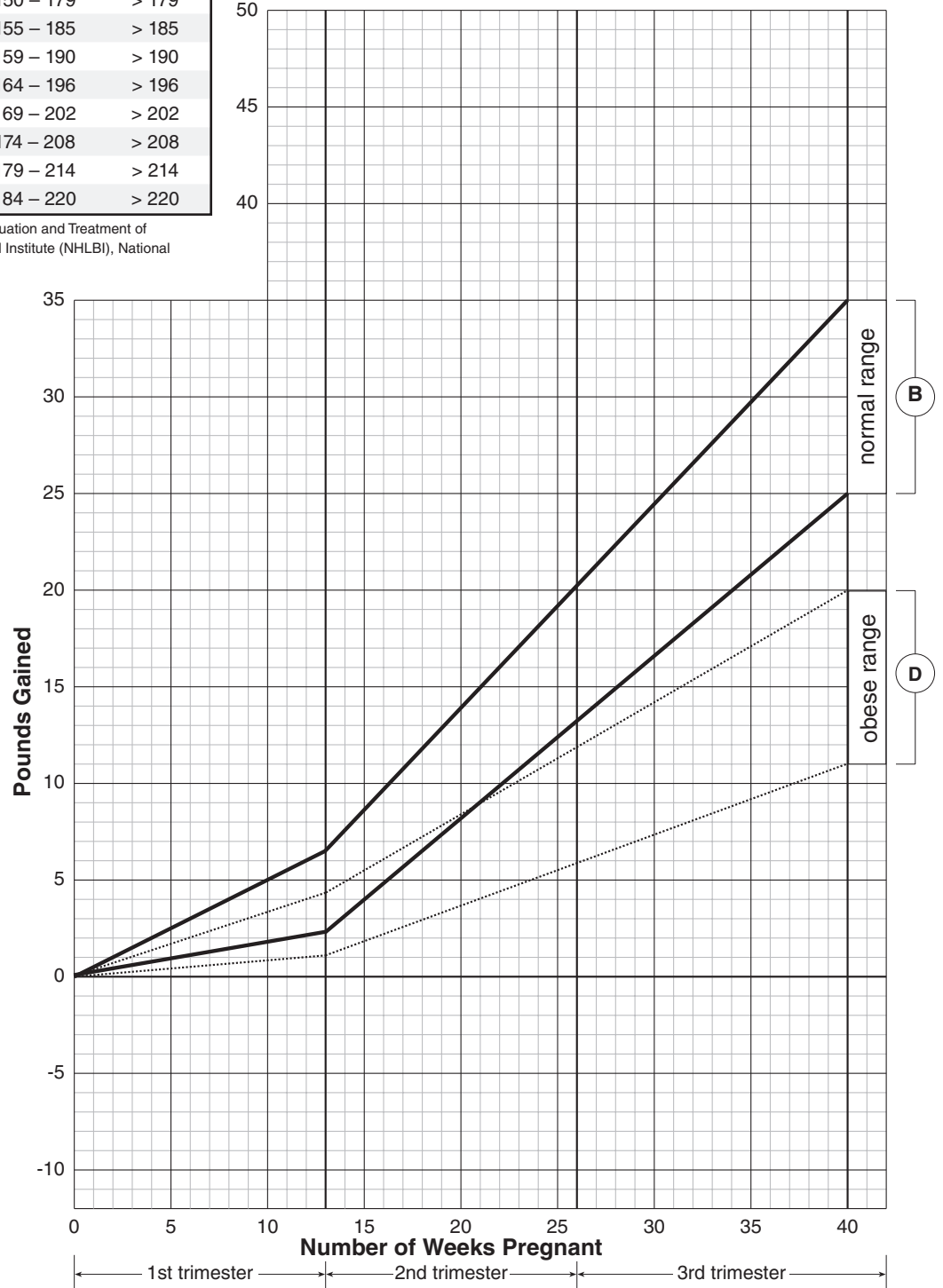
Height (no shoes): _____

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.



Prenatal Weight Gain Grid

Singleton Pregnancy
Underweight or Overweight

Instructions for Use

Determine the woman's prepregnancy weight for height status using the table on the top of side 1. Check box A, B, C, or D, and then select the corresponding weight gain range on page 1 or 2. Record the name, ID#, birthdate, EDD (Expected Delivery Date), height, and prepregnancy weight. If prepregnancy weight is unknown, it must be estimated. See box under prepregnancy weight space for instructions.

Each time a current weight measurement is available:

- On the chart to the left of the grid, enter the date, current weight, number of weeks pregnant, and total weight gain.
- On the grid, place an "X" where the number of weeks pregnant intersects the number of pounds gained or lost for the current visit.

Revised EDD: If the EDD is revised, make a note beside the EDD space on the form. At that time, begin to plot new weight measurements at the corrected number of weeks pregnant.

Multifetal Pregnancy: Use Prenatal Weight Gain Grid for Multifetal Pregnancy.

Note: Individual needs and medical provider recommendations should be taken into consideration when determining the desirable prenatal weight gain.

Name: _____

ID#: _____ Date of Birth: _____

Weight Gain Recommendations

A - Underweight
28 to 40 lb total weight gain
1st trimester: 2.2 to 6.6 lb gain
2nd & 3rd trimesters: about 1 lb/week

C - Overweight
15 to 25 lb total weight gain
1st trimester: 2.2 to 6.6 lb gain
2nd & 3rd trimesters: about 0.6 lb/week

Check one: A C

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:

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

References:

- (1)Institute of Medicine. Weight gain during pregnancy: reexamining the guidelines. (Prepublication Copy). National Academy Press, Washington, D.C., 2009. www.nap.edu. Accessed June 2009.
- (2)Institute of Medicine. WIC nutrition risk criteria: a scientific assessment. National Academy Press, Washington, D.C.; 1996.

