

Name: _____

Weight Categories for Women According to Height and Pre-pregnancy Weight (lbs) ¹:

| Height | Under Weight (BMI <18.5) | Normal Weight (BMI 18.5-24.9) | Over Weight (BMI 25-29.9) | Obese (BMI ≥ 30) |
|--------|--------------------------|-------------------------------|---------------------------|------------------|
| 4'7" | < 80 | 80-107 | 108-128 | > 128 |
| 4'8" | < 83 | 83-111 | 112-133 | > 133 |
| 4'9" | < 86 | 86-115 | 116-138 | > 138 |
| 4'10" | < 89 | 89-119 | 120-143 | > 143 |
| 4'11" | < 92 | 92-123 | 124-148 | > 148 |
| 5' | < 95 | 95-127 | 128-153 | > 153 |
| 5'1" | < 98 | 98-132 | 133-158 | > 158 |
| 5'2" | < 101 | 101-136 | 137-163 | > 163 |
| 5'3" | < 105 | 105-140 | 141-169 | > 169 |
| 5'4" | < 108 | 108-145 | 146-174 | > 174 |
| 5'5" | < 111 | 111-149 | 150-179 | > 179 |
| 5'6" | < 115 | 115-154 | 155-185 | > 185 |
| 5'7" | < 118 | 118-159 | 160-191 | > 191 |
| 5'8" | < 122 | 122-164 | 165-196 | > 196 |
| 5'9" | < 125 | 125-168 | 169-202 | > 202 |
| 5'10" | < 129 | 129-173 | 174-208 | > 208 |
| 5'11" | < 133 | 133-178 | 179-214 | > 214 |
| 6' | < 137 | 137-183 | 184-220 | > 220 |
| 6'1" | < 140 | 140-189 | 190-227 | > 227 |
| 6'2" | < 143 | 143-194 | 195-233 | > 233 |
| 6'3" | < 148 | 149-199 | 200-239 | > 239 |

BMI = Weight (lbs.) / Height (in.)² X 703

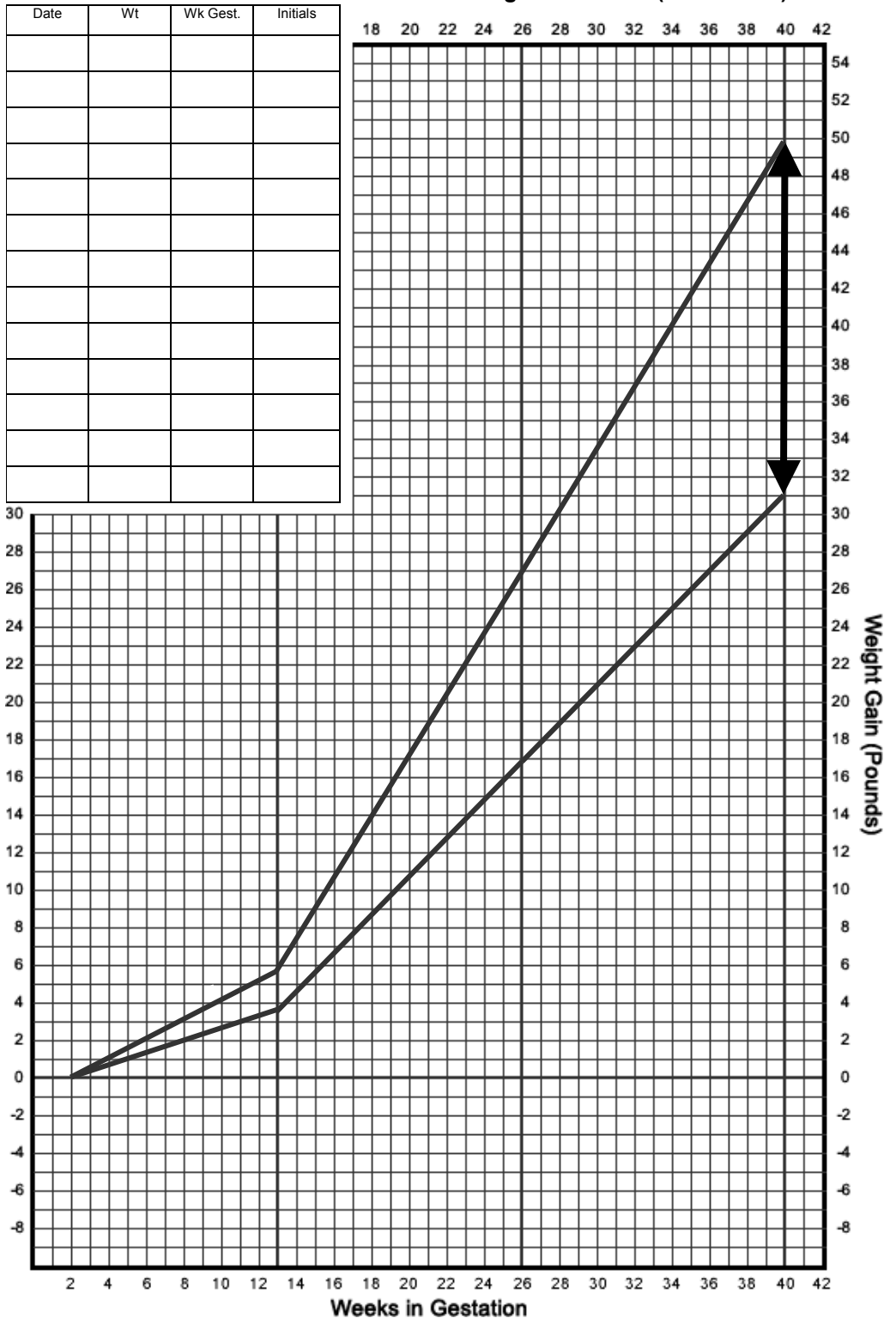
Recommended Weight Gain¹:

| | | |
|--------------------------|------------------------|--------------|
| Mark One: | Single | Twins |
| <input type="checkbox"/> | Underweight 28-40 lbs. | N/A |
| <input type="checkbox"/> | Normal 25-35 lbs. | 37-54 lbs. |
| <input type="checkbox"/> | Overweight 15-25 lbs. | 31-50 lbs. |
| <input type="checkbox"/> | Obese 11-20 lbs. | 25-42 lbs. |

Pre-pregnancy Weight: _____

Height: _____

Pre-pregnancy Overweight Range Prenatal Weight Gain Grid (with Twins) ²



¹ IOM, 2009. *Weight Gain During Pregnancy: Reexamining the Guidelines*. Washington, DC: National Academies Press.

² Per Communication with Florida and California WIC Programs