Prenatal Weight Gain Chart in Pounds

Prepregnancy BMI<19.8 (-----), Prepregnancy BMI 19.8-26.0 (Normal Body Weight) (-----),
Prepregnancy BMI>26.0 (-----)

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Name
Date of Birth
Due Date
Height
Prepregnant Weight

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Weight and Weight Gain, lb

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Weeks of Pregnancy

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Weight Record

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<tr>
<th>Date</th>
<th>Weeks of Gestation</th>
<th>Weight</th>
<th>Notes</th>
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Please bring this chart with you to each prenatal visit.

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Food and Nutrition Board, Institute of Medicine, 1992