

# 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

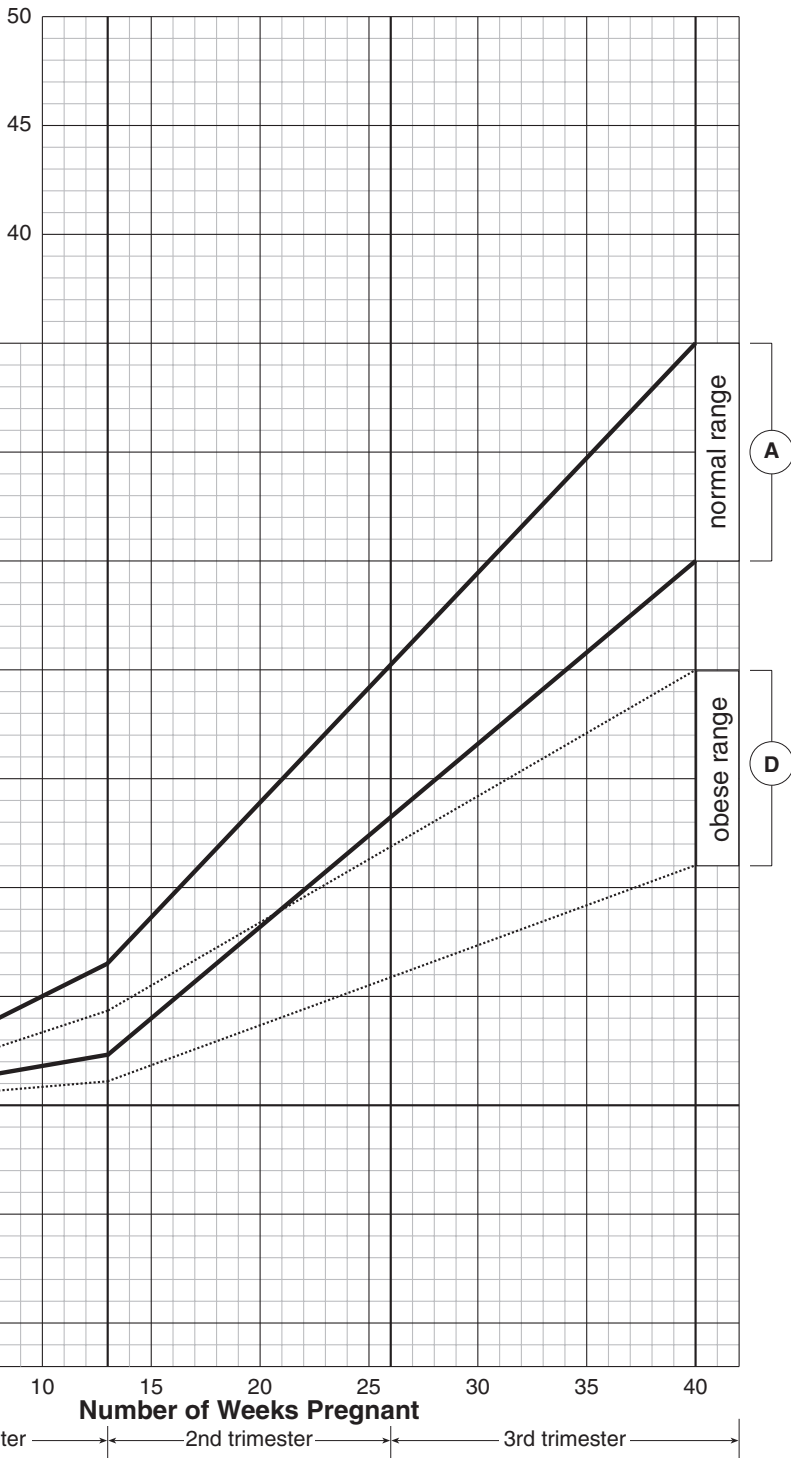
**A - Normal Weight**  
25 to 35 lb total weight gain  
1<sup>st</sup> trimester: 2.2 to 6.6 lb gain  
2<sup>nd</sup> & 3<sup>rd</sup> trimesters: about 1 lb/week

**D - Obese**  
11 to 20 lb total weight gain  
1<sup>st</sup> trimester: 1.1 to 4.4 lb gain  
2<sup>nd</sup> & 3<sup>rd</sup> 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:

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

See top of page 2 for instructions.



