Pregnancy Weight Gain Chart in Pounds

Pre-pregnancy BMI  18.5-24.9, 25-35 pounds
If your pre-pregnancy BMI is between 18.5 and 24.9, then the recommended weight gain range for your pregnancy is 25 to 35 pounds. The red area shows the weight gain recommendation.

Name: ____________________________
Date of Birth: _______________________
Due Date: __________________________
Height: ____________________________
Pre-Pregnancy Weight: ______________
BMI (Body Mass Index): ______________

You have gained too little weight if:
• Your weight gain is below the red area of the chart OR
• You weigh less during your first trimester of pregnancy (from conception through week 13 of pregnancy) than you did before you became pregnant OR You have lost more than 2 pounds between week 13 of your pregnancy and delivery

You have gained too much weight if:
• Your weight gain is above the red area on the chart OR
• You have gained more than 7 pounds per month (1 month equals 4 weeks)
Talk to your health care provider if you fall above or below the recommended weight