

# Pregnancy Weight Gain Table in Pounds

## Pre-pregnancy BMI <18.5, 28-40 pounds

If your pre-pregnancy BMI is less than 18.5, then the recommended weight gain range for your pregnancy is 28 to 40 pounds.

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Due Date: \_\_\_\_\_

Height: \_\_\_\_\_

Weight before pregnancy: \_\_\_\_\_

BMI (Body Mass Index): \_\_\_\_\_

Week of Pregnancy (Each week listed below should be a visit to your doctor)	Total Pounds Gained This Pregnancy (from pre-pregnancy weight)	Total Pounds Gained Since Start of Pregnancy Should not be Less Than	Total Pounds Gained Since Start of Pregnancy Should not be More Than
First Trimester Weeks 0 - 13		1 pounds	4 pounds
Week 16		4 pounds	8 pounds
Week 20		8 pounds	14 pounds
Week 24		12 pounds	19 pounds
Week 28		16 pounds	24 pounds
Week 32		20 pounds	29 pounds
Week 34		22 pounds	32 pounds
Week 36		24 pounds	34 pounds
Week 37		25 pounds	36 pounds
Week 38		26 pounds	37 pounds
Week 39		27 pounds	38 pounds
Week 40		28 pounds	40 pounds

You have gained too little weight if:

- Your weight gain is below the third column of the table
- You weigh less during your first trimester of pregnancy (weeks 0 - 13) 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 last column of the table
- 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

