Pregnancy Weight Gain Table in Pounds

Pre-pregnancy BMI **<19.8, 28-40 pounds**

If your pre-pregnancy BMI is less than 19.8, 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 - 12		5 pounds	5 pounds
Week 16		8 pounds	10 pounds
Week 20		10 pounds	15 pounds
Week 24		14 pounds	20 pounds
Week 28		17 pounds	25 pounds
Week 32		21 pounds	30 pounds
Week 34		23 pounds	32 pounds
Week 36		25 pounds	35 pounds
Week 37		26 pounds	36 pounds
Week 38		27 pounds	37 pounds
Week 39		28 pounds	39 pounds
Week 40		28 pounds	40 pounds

You have gained too little weight if:

- Your weight gain is below the third column on the table
- You weigh less during your first trimester of pregnancy (weeks 0 – 12) 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)

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Adapted from the National Academy of Sciences. Nutrition During Pregnancy: Weight Gain and Nutrient Supplements. Washington, DC: National Academy Press, 1990.