

Pregnancy Weight Gain Table in Pounds

Pre-pregnancy BMI ≥ 30 , 11-20 pounds

If your pre-pregnancy BMI is 30.0 or greater, then the recommended weight gain range for your pregnancy is 11 to 20 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 pound	4 pounds
Week 16		3 pounds	6 pounds
Week 20		4 pounds	8 pounds
Week 24		6 pounds	11 pounds
Week 28		7 pounds	13 pounds
Week 32		8 pounds	15 pounds
Week 34		9 pounds	16 pounds
Week 36		10 pounds	17 pounds
Week 37		10 pounds	18 pounds
Week 38		10 pounds	19 pounds
Week 39		11 pounds	19 pounds
Week 40		11 pounds	20 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

