

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

