

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		2 pounds	6 pounds
Week 16		5 pounds	10 pounds
Week 20		9 pounds	15 pounds
Week 24		13 pounds	20 pounds
Week 28		17 pounds	25 pounds
Week 32		20 pounds	30 pounds
Week 34		22 pounds	32 pounds
Week 36		24 pounds	35 pounds
Week 37		25 pounds	36 pounds
Week 38		26 pounds	37 pounds
Week 39		27 pounds	39 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

