

How to Plot Your Weight on the Prenatal Weight Gain Chart

1. Use the BMI calculator or BMI chart to find your weight group and the weight chart that you should follow (red, green, blue, or purple.) The Centers for Disease Control and Prevention describes Body Mass Index (BMI) as: "A number calculated from a person's weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems."

BMI Result	Weight Category	Recommended Weight Gain
Below 18.5	Underweight	28 to 40 Pounds
18.5 - 24.9	Normal	25 to 35 pounds
25.0 - 29.9	Overweight	15 to 25 Pounds
30.0 and Above	Obese	11 to 20 Pounds

2. Find your weight category on the chart above and print out the appropriate chart for your weight group. Start by entering your weight - just before pregnancy - on the "zero" pounds line
3. The line across the bottom of the grid is the weeks of pregnancy. The number of pounds gained is found on each side of the chart.
4. From the pre-pregnancy (zero pounds) line, count the squares above or below to mark your pounds gained or lost so far. Each square is one pound.

EXAMPLE:

Ellen weighed 130 pounds before pregnancy. By 24 weeks, she weighed 144#. She had gained 14 pounds.

REMEMBER!!! The colored area represents the recommended weight gain range. Weight that falls above the entire colored area is too much weight gain. And, weight that falls below the entire colored area is too little weight gain.

For tips on how to maintain a healthy weight during pregnancy, visit www.babyyourbaby.org/duringpregnancy/eating-for2.htm or call the Baby Your Baby hotline at 1-800-826-9662.