PRENATAL WEIGHT GAIN CHART
Pre-Pregnancy Normal Weight
BMI 18.5–24.9

Weight Gain Recommendations (singleton):
♦ 2.2–6.6 lb. gain 1st trimester
♦ 1 lb. gain per week 2nd and 3rd trimesters
♦ 25–35 lb. total weight gain

1. Last Name                      First Name                      MI
2. Patient Number
3. Date of Birth (MM/DD/YYYY)      Month    Day    Year
4. Race   □ American Indian or Alaska Native □ Asian
          □ Black/African American □ Native Hawaiian/Other Pacific Islander
          □ Unknown □ White
5. Ethnic Origin □ Hispanic Cuban □ Hispanic Mexican American
               □ Hispanic Other □ Hispanic Puerto Rican
               □ Not Hispanic/Latino □ Unreported
6. Gender □ Female □ Male
7. County of Residence

EDC ________________________________
Ht. (without shoes) ____________________
Pre-Pregnancy Wt. ______________________
Pre-Pregnancy BMI ______________________

<table>
<thead>
<tr>
<th>Date</th>
<th>Weeks Gestation</th>
<th>Weight</th>
<th>Notes</th>
</tr>
</thead>
</table>