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

Weight Gain Recommendations (twin gestation):
♦ 7.5–8.6 lb. gain 1st trimester
♦ 1.4 lb. gain per week 2nd and 3rd trimesters
♦ 37–54 lb. total weight gain

DHHS 2388E (Revised 05/11)
Women’s and Children’s Health Section