PRENATAL WEIGHT GAIN CHART

Pre-Pregnancy Obese
BMI ≥ 30.0

Weight Gain Recommendations (twin gestation):
♦ 3.2–5.4 lb. gain 1st trimester
♦ 1 lb. gain per week 2nd and 3rd trimesters
♦ 25–42 lb. total weight gain

DHHS 2388G (Revised 05/11)
Women’s and Children’s Health Section (Review 05/14)