### PRENATAL WEIGHT GAIN CHART

**Pre-Pregnancy Underweight**  
BMI <18.5

**Weight Gain Recommendations (singleton):**
- ♦ 2.2–6.6 lb. gain 1st trimester
- ♦ 1 lb. gain per week 2nd and 3rd trimesters
- ♦ 28–40 lb. total weight gain

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#### Table: Pre-Pregnancy Data

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<tr>
<th>Date</th>
<th>Weeks Gestation</th>
<th>Weight</th>
<th>Notes</th>
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#### Graph: Weeks of Gestation vs. Weight Gain (Pounds)

- **EDC:**  
- **Ht. (without shoes):**  
- **Pre-Pregnancy Wt.:**  
- **Pre-Pregnancy BMI:**  

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DHHS 2388A (Revised 06/10)  
Women's and Children's Health Section (Review 06/13)  