

## PRENATAL WEIGHT GAIN CHART

**Pre-Pregnancy Normal Weight  
 BMI 18.5–24.9**

**Weight Gain Recommendations (twin gestation):**

- ◆ 7.5–8.6 lb. gain 1<sup>st</sup> trimester
- ◆ 1.4 lb. gain per week 2<sup>nd</sup> and 3<sup>rd</sup> trimesters
- ◆ 37–54 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 <input type="checkbox"/> American Indian or Alaska Native <input type="checkbox"/> Asian <input type="checkbox"/> Black/African American <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <input type="checkbox"/> Unknown <input type="checkbox"/> White				
5. Ethnic Origin <input type="checkbox"/> Hispanic Cuban <input type="checkbox"/> Hispanic Mexican American <input type="checkbox"/> Hispanic Other <input type="checkbox"/> Hispanic Puerto Rican <input type="checkbox"/> Not Hispanic/Latino <input type="checkbox"/> Unreported				
6. Gender <input type="checkbox"/> Female <input type="checkbox"/> Male				
7. County of Residence				

