Singleton Prenatal Weight Gain Chart

Healthy Baby Campaign
www.healthy-baby.org

Pre-Pregnancy - Normal Weight

Body Mass Index (BMI) 18.5 - 24.9

25 - 35 pounds, approximately 1 pound per week

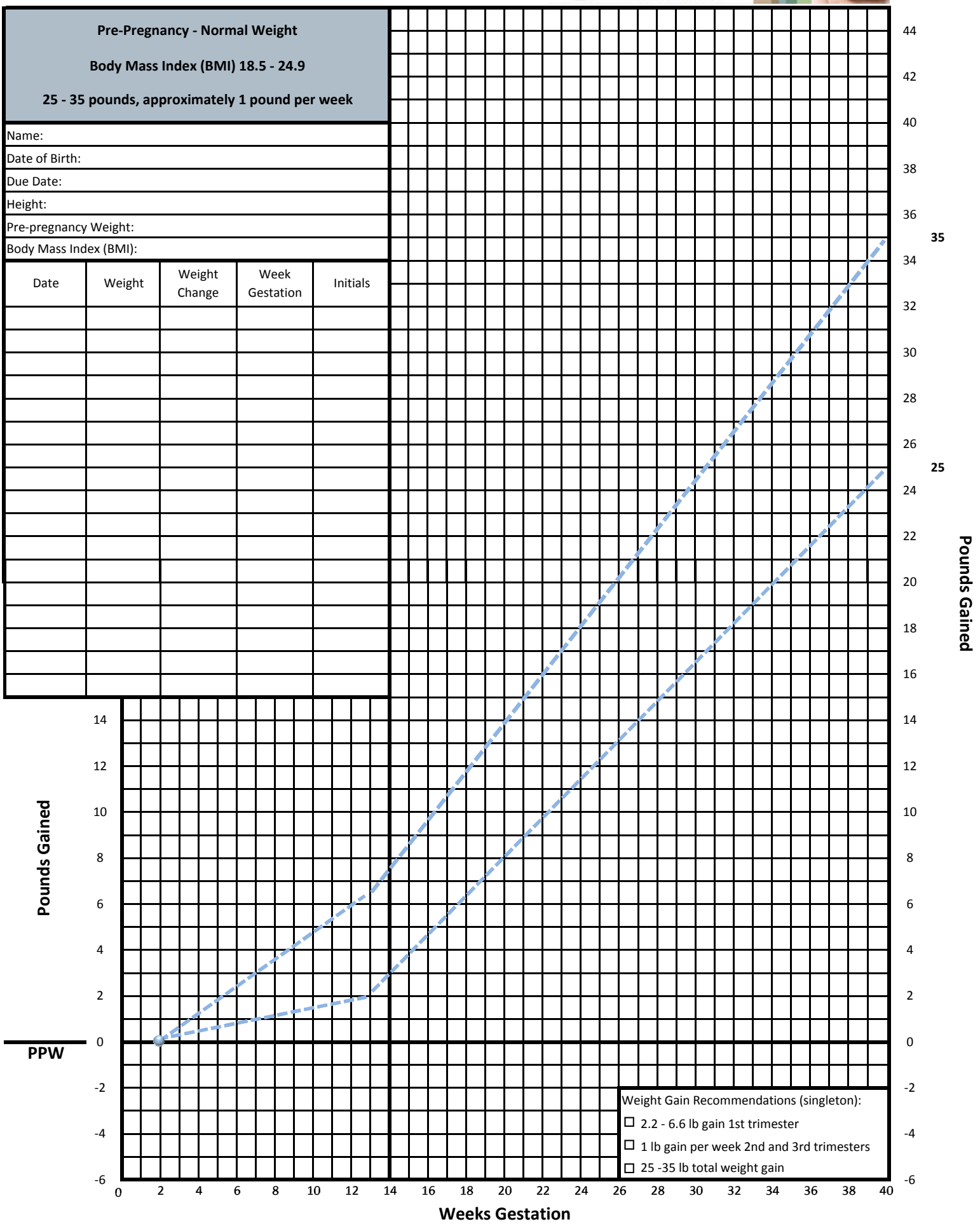
Name:

Date of Birth:

Due Date:

Height:

Pre-pregnancy Weight:

Body Mass Index (BMI):

Date	Weight	Weight Change	Week Gestation	Initials