

PRENATAL WEIGHT GAIN CHART

Pre-Pregnancy Obese BMI ≥ 30.0

Weight Gain Recommendations (singleton):

- ◆ 1.1–4.4 lb. gain 1st trimester
- ◆ 0.5 lb. gain per week 2nd and 3rd trimesters
- ◆ 11–20 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				

