1. Last Name	First Name	MI

2. Patient Number									
3. Date of Birth (MM/DD/YYYY)									
	Month		Day		Year				

4. Race ☐ American Indian or Alaska Native ☐ Asian
☐ Black/African American ☐ Native Hawaiian/Other Pacific Islander
☐ Unknown ☐ White

5. Ethnic Origin ☐ Hispanic Cuban ☐ Hispanic Mexican American
☐ Hispanic Other ☐ Hispanic Puerto Rican
☐ Not Hispanic/Latino ☐ Unreported

6. Gender ☐ Female ☐ Male

7. County of Residence

N.C. Department of Health and Human Services
Women's and Children's Health Section

PRENATAL WEIGHT GAIN CHART

Pre-Pregnancy Overweight
BMI 25.0–29.9

Weight Gain Recommendations (singleton):

- 2.2–6.6 lb. gain 1st trimester
- 0.6 lb. gain per week 2nd and 3rd trimesters
- 15–25 lb. total weight gain

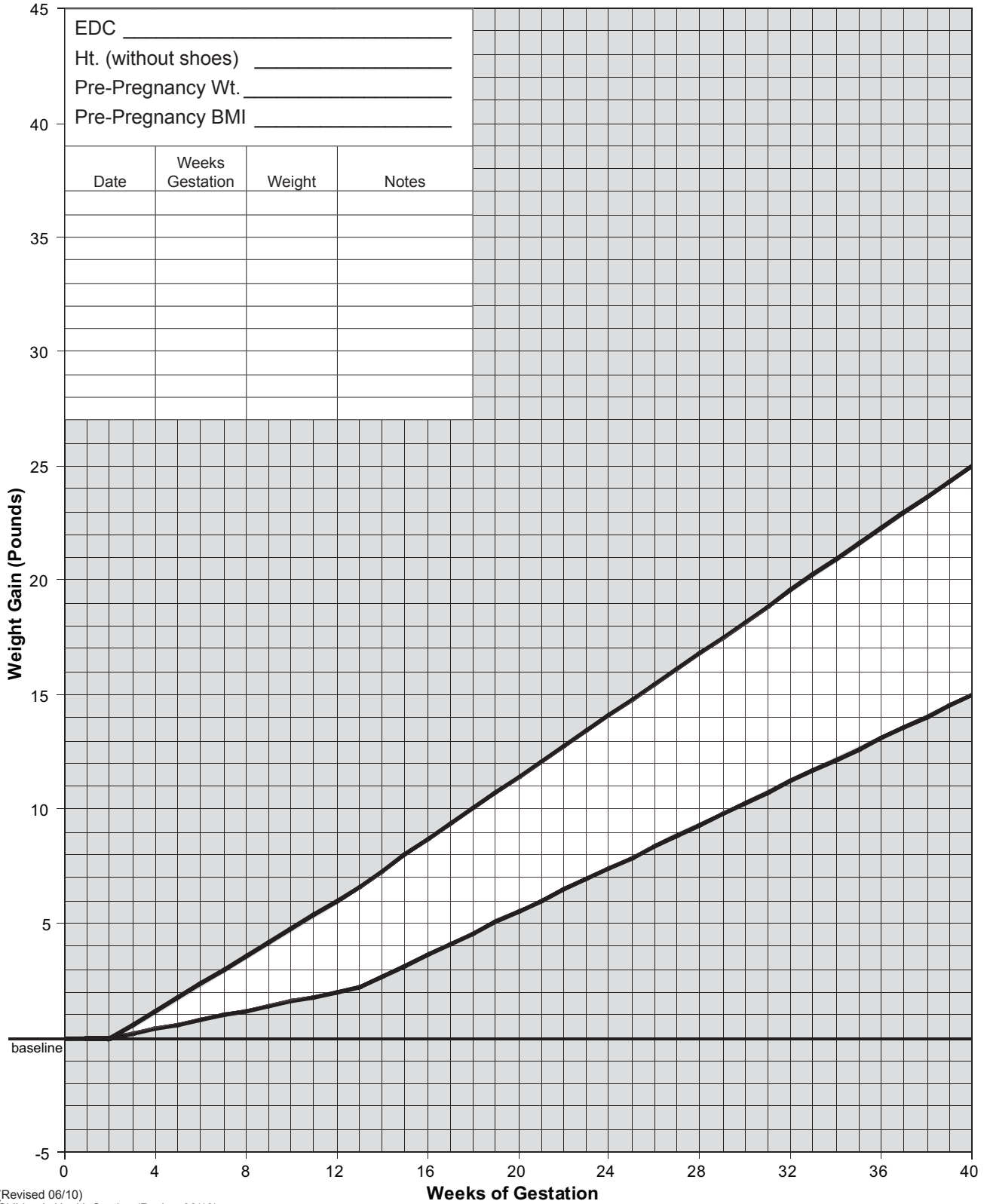
EDC _____

Ht. (without shoes) _____

Pre-Pregnancy Wt. _____

Pre-Pregnancy BMI _____

Date	Weeks Gestation	Weight	Notes



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

Source: Institute of Medicine, 2009. *Weight Gain During Pregnancy: Reexamining the Guidelines.* Washington, DC. National Academies Press; Committee to Reexamine IOM Pregnancy Guidelines.