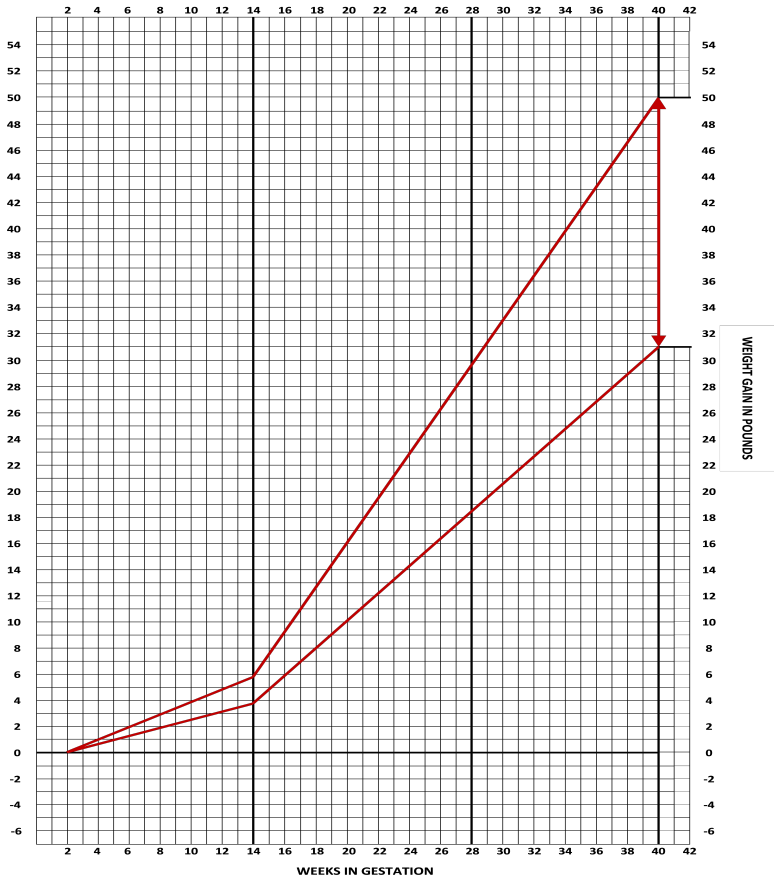
Overweight with Twins Range
Prenatal Weight Gain Grid

Weight Gain Chart

Date	Weight Gain	Weeks in Gestation	Initials

Weight Gain Grid



Height and Weight Chart (BMI 25 - 29.9)

Height	Weight	Height	Weight	Height	Weight
4’7”	108 - 128	5’2”	137 - 163	5’9”	169 - 202
4’8	112 - 133	5’3”	141 - 169	5’10”	174 - 208
4’9”	116 - 138	5’4”	146 - 174	5’11”	179 - 214
4’10”	120 - 143	5’5”	150 - 179	6’	184 - 220
4’11”	124 - 148	5’6”	155 - 185	6’1”	190 - 227
5’	128 - 153	5’7”	160 - 101	6’2”	195 - 233
5’1”	133 - 158	5’8”	165 - 196	6’3”	200 - 239

Client ID: _____

Height: _____

Pre-pregnancy Weight: _____

Recommended Weight Gain Range: 31 - 50 lbs