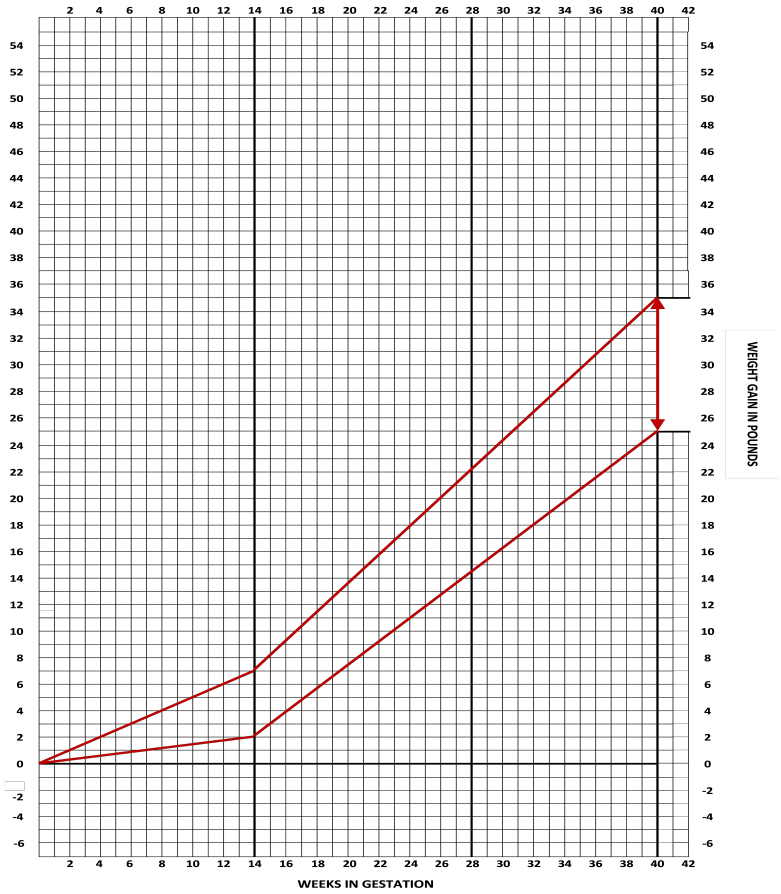
Normal Range
Prenatal Weight Gain Grid

Weight Gain Chart

Date	Weight Gain	Weeks in Gestation	Initials

Weight Gain Grid



Height and Weight Chart (BMI < 18.5 - 24.9)

Height	Weight	Height	Weight	Height	Weight
4’7”	80 - 107	5’2”	101 - 136	5’9”	125 - 168
4’8	83 - 111	5’3”	105 - 140	5’10”	129 - 173
4’9”	86 - 115	5’4”	108 - 145	5’11”	133 - 178
4’10”	89 - 119	5’5”	111 - 149	6’	137 - 183
4’11”	92 - 123	5’6”	115 - 154	6’1”	140 - 189
5’	95 - 127	5’7”	118 - 159	6’2”	143 - 194
5’1”	98 - 132	5’8”	122 - 164	6’3”	149 - 199

Client ID: _____

Height: _____

Pre-pregnancy Weight: _____

Recommended Weight Gain Range: 25 - 35 lbs