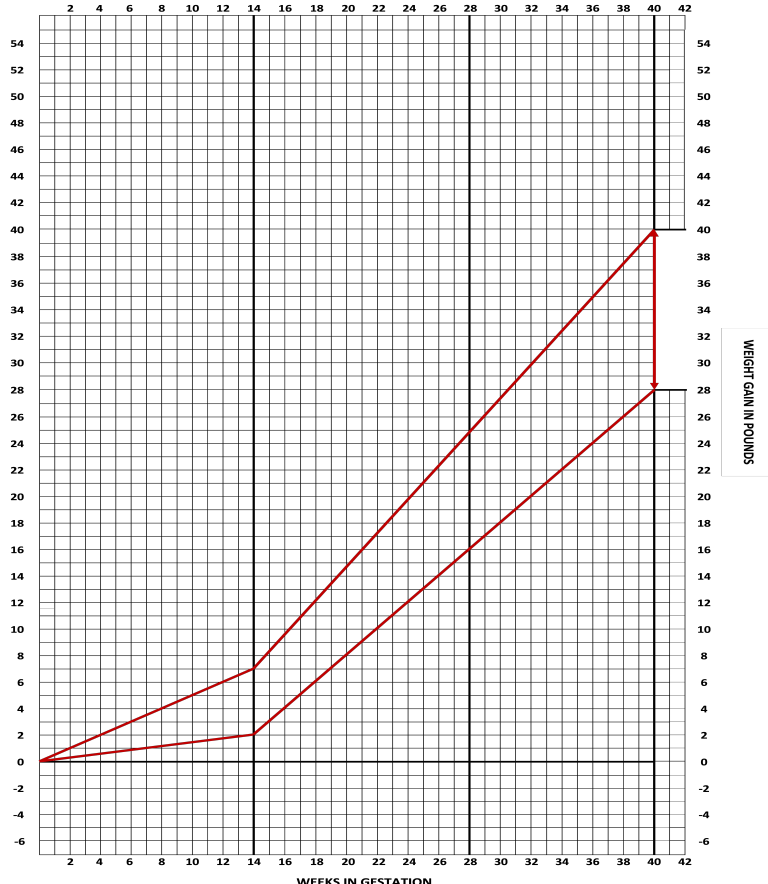


Underweight Range Prenatal Weight Gain Grid

Weight Gain Chart

Date	Weight Gain	Weeks in Gestation	Initials

Weight Gain Grid



Height and Weight Chart (BMI < 18.5)

Height	Weight	Height	Weight	Height	Weight
4'7"	<80	5'2"	<101	5'9"	<125
4'8"	<83	5'3"	<105	5'10"	<129
4'9"	<86	5'4"	<108	5'11"	<133
4'10"	<89	5'5"	<111	6'	<137
4'11"	<92	5'6"	<115	6'1"	<140
5'	<95	5'7"	<118	6'2"	<143
5'1"	<98	5'8"	<122	6'3"	<148

Client ID:

Height:

Pre-pregnancy Weight:

Recommended Weight Gain Range: 28 - 40 lbs