Healthy Weight Gain in Pregnancy—What's right for you?

Your Starting Weight

Underweight (BMI <18.5)

1st Trimester (Weeks 1-12) | 2nd Trimester (Weeks 13-27) | 3rd Trimester (Weeks 28-42)

Goal: gain 28-40 pounds during pregnancy.

Check each pound as you gain weight ☑

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40

Date of visit

Healthy weight (BMI 18.5-24.9)

1st Trimester (Weeks 1-12) | 2nd Trimester (Weeks 13-27) | 3rd Trimester (Weeks 28-42)

Goal: gain 25-35 pounds during pregnancy.

Check each pound as you gain weight ☑

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35

Date of visit

Overweight (BMI 25.00 - 29.9)

1st Trimester (Weeks 1-12) | 2nd Trimester (Weeks 13-27) | 3rd Trimester (Weeks 28-42)

Goal: gain 15-25 pounds during pregnancy.

Check each pound as you gain weight ☑

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25

Date of visit

Obese (BMI 30.00>)

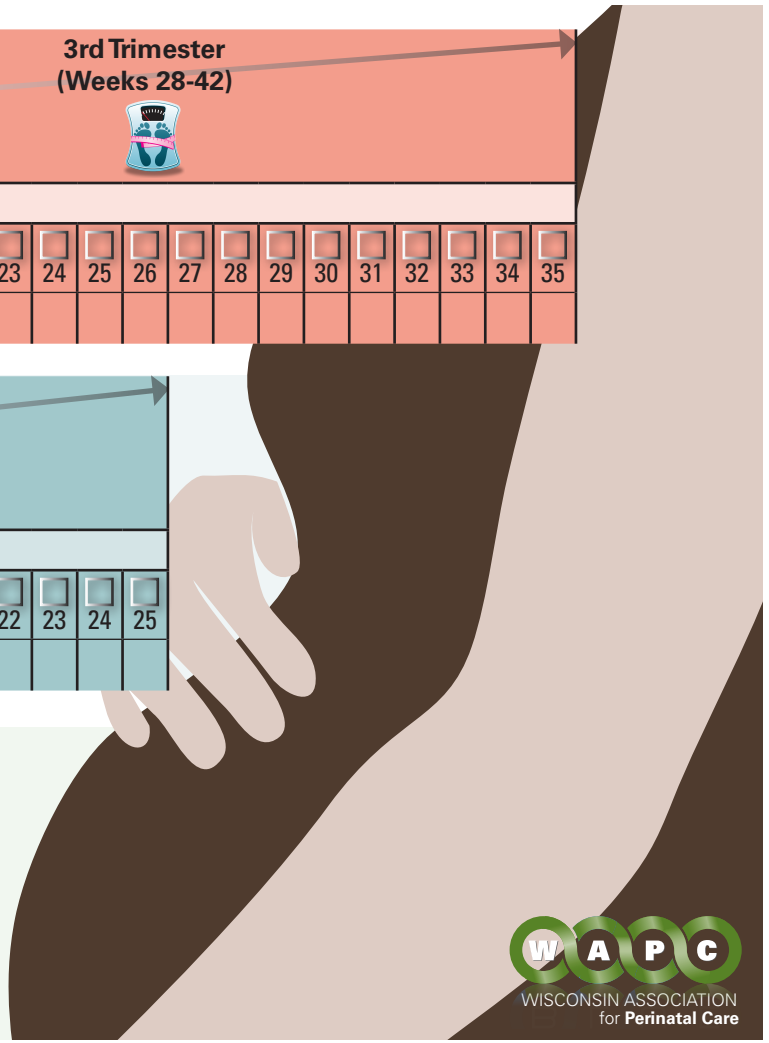
1st Trimester (Weeks 1-12) | 2nd Trimester (Weeks 13-27) | 3rd Trimester (Weeks 28-42)

Goal: gain 11-20 pounds during pregnancy.

Check each pound as you gain weight ☑

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20

Date of visit



WAPC
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This chart does not include weight gain suggestions for women pregnant with more than one fetus. See page 4 of the following reference for guidance on weight gain for women with multiple fetuses:
IOM (Institute of Medicine) and NRC (National Research Council). 2009. *Weight Gain During Pregnancy: Reexamining the Guidelines.* Washington, DC: The National Academies Press. See http://books.nap.edu/openbook.php?record_id=12584 for this resource.