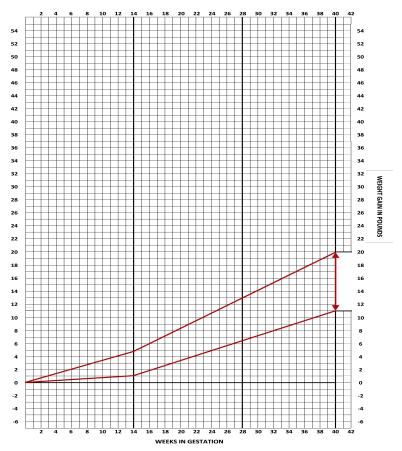
## **Obese** Range Prenatal Weight Gain Grid

### Weight Gain Chart

Date	Weight	Weeks in	Initials
	Gain	Gestation	

# Weight Gain Grid



#### Height and Weight Chart (BMI ≥ 30)

Height	Weight	Height	Weight	Height	Weight
4'7"	> 128	5'2"	> 163	5'9"	> 202
4'8	> 133	5'3″	> 169	5′10″	> 208
4'9"	> 138	5'4"	> 174	5'11"	> 214
4'10"	> 143	5'5"	> 179	6'	> 220
4'11"	> 148	5'6"	> 185	6'1"	> 227
5'	> 153	5'7"	> 191	6'2"	> 233
5'1"	> 158	5'8"	> 196	6'3"	> 239

Client ID:

Height:

Pre-pregnancy Weight:

#### **Recommended Weight Gain Range: 11 – 20 lbs**