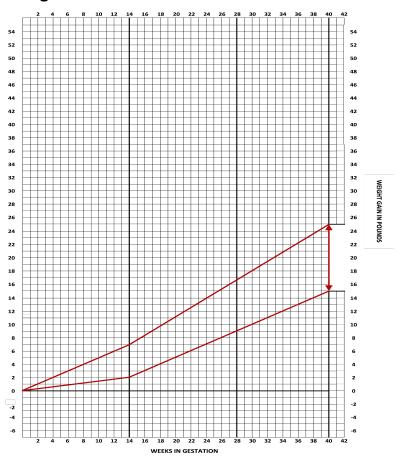
Overweight Range

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: 15 - 25 lbs