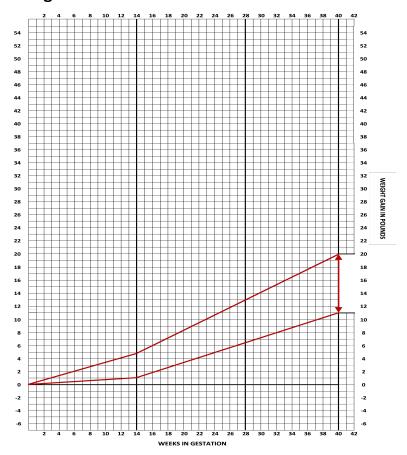
Obese Range

Prenatal Weight Gain Grid

Weight Gain Chart

Date	Weight Gain	Weeks in Gestation	Initials

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