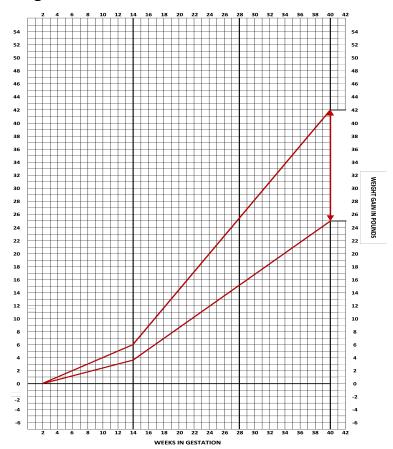
Obese with Twins Range

Prenatal Weight Gain Grid

Weight Gain Chart

| Date | Weight Gain | Weeks in Gestation | Initials |
|------|----------------|-----------------------|----------|
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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: 25 – 42 lbs