WV WIC PRENATAL WEIGHT GAIN CHART

Pre-Pregnancy Normal Weight
BMI 18.5–24.9

Weight Gain Recommendations (singleton):

- 2.2–6.6 lb. gain 1st trimester
- 1 lb. gain per week 2nd and 3rd trimesters
- 25–35 lb. total weight gain

Last Name	First Name
Participant WIC I.D.	

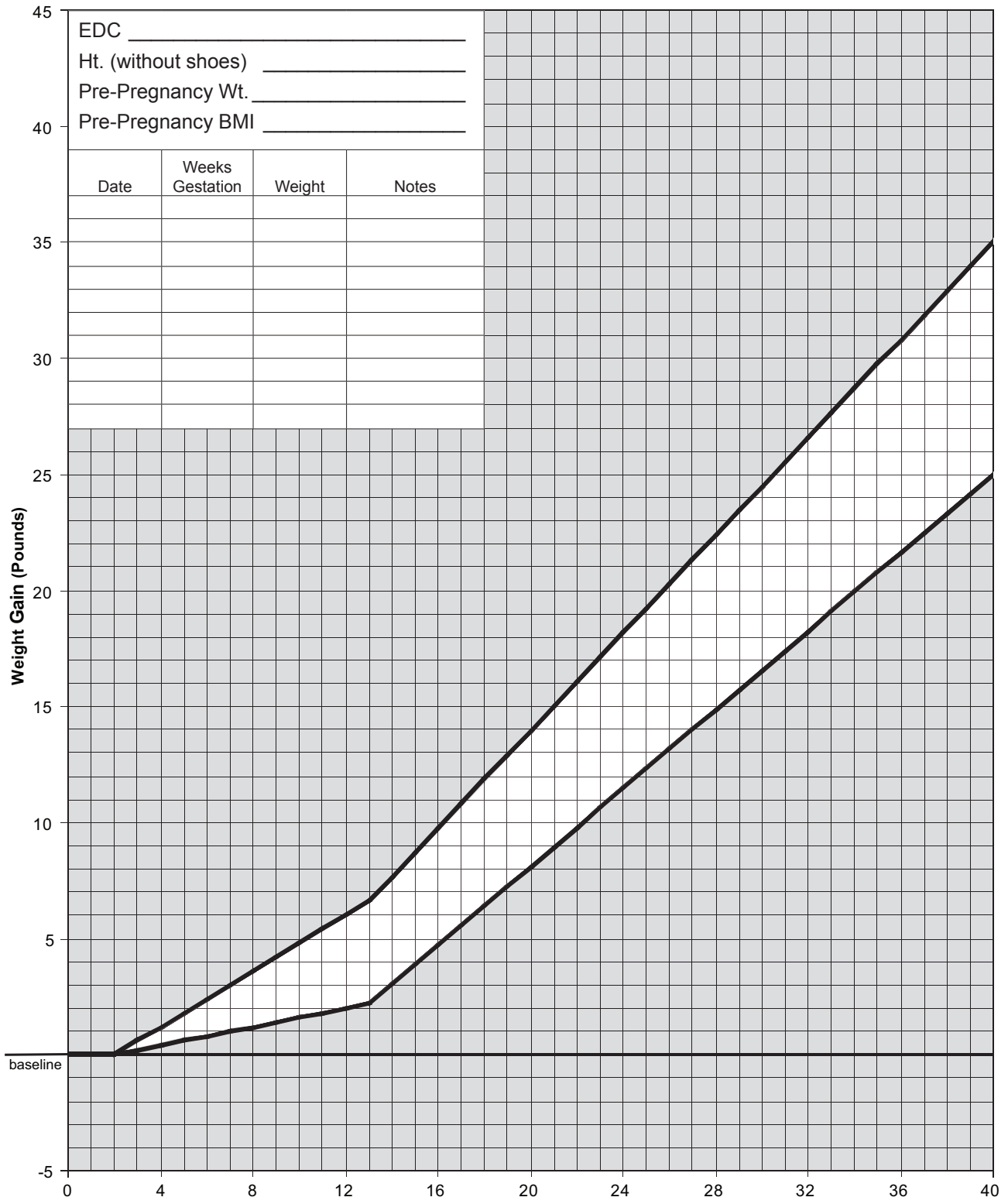
EDC _____

Ht. (without shoes) _____

Pre-Pregnancy Wt. _____

Pre-Pregnancy BMI _____

Date	Weeks Gestation	Weight	Notes



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Source: Institute of Medicine, 2009. *Weight Gain During Pregnancy: Reexamining the Guidelines.* Washington, DC. National Academies Press; Committee to Reexamine IOM Pregnancy Guidelines.

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