

WV WIC PRENATAL WEIGHT GAIN CHART

**Pre-Pregnancy Obese
BMI ≥ 30.0**

Weight Gain Recommendations (singleton):

- ◆ 1.1–4.4 lb. gain 1st trimester
- ◆ 0.5 lb. gain per week 2nd and 3rd trimesters
- ◆ 11–20 lb. total weight gain

Last Name	First Name
Participant WIC I.D.	

