

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.	

