

# WV WIC PRENATAL WEIGHT GAIN CHART

**Pre-Pregnancy Overweight  
BMI 25.0–29.9**

**Weight Gain Recommendations (singleton):**

- ◆ 2.2–6.6 lb. gain 1<sup>st</sup> trimester
- ◆ 0.6 lb. gain per week 2<sup>nd</sup> and 3<sup>rd</sup> trimesters
- ◆ 15–25 lb. total weight gain

<b>Last Name</b>	<b>First Name</b>
<b>Participant WIC I.D.</b>	

