

Appendix A 1

PRE-PREGNANCY NORMAL WEIGHT RANGE
 Prenatal Weight Gain Grid (1)
 Recommended Weight Gain (2): Single 25-35 lbs; Twins 37-54 lbs

NAME: _____

EDC: _____

DATE	WEIGHT	WEEKS GESTATION	INITIALS

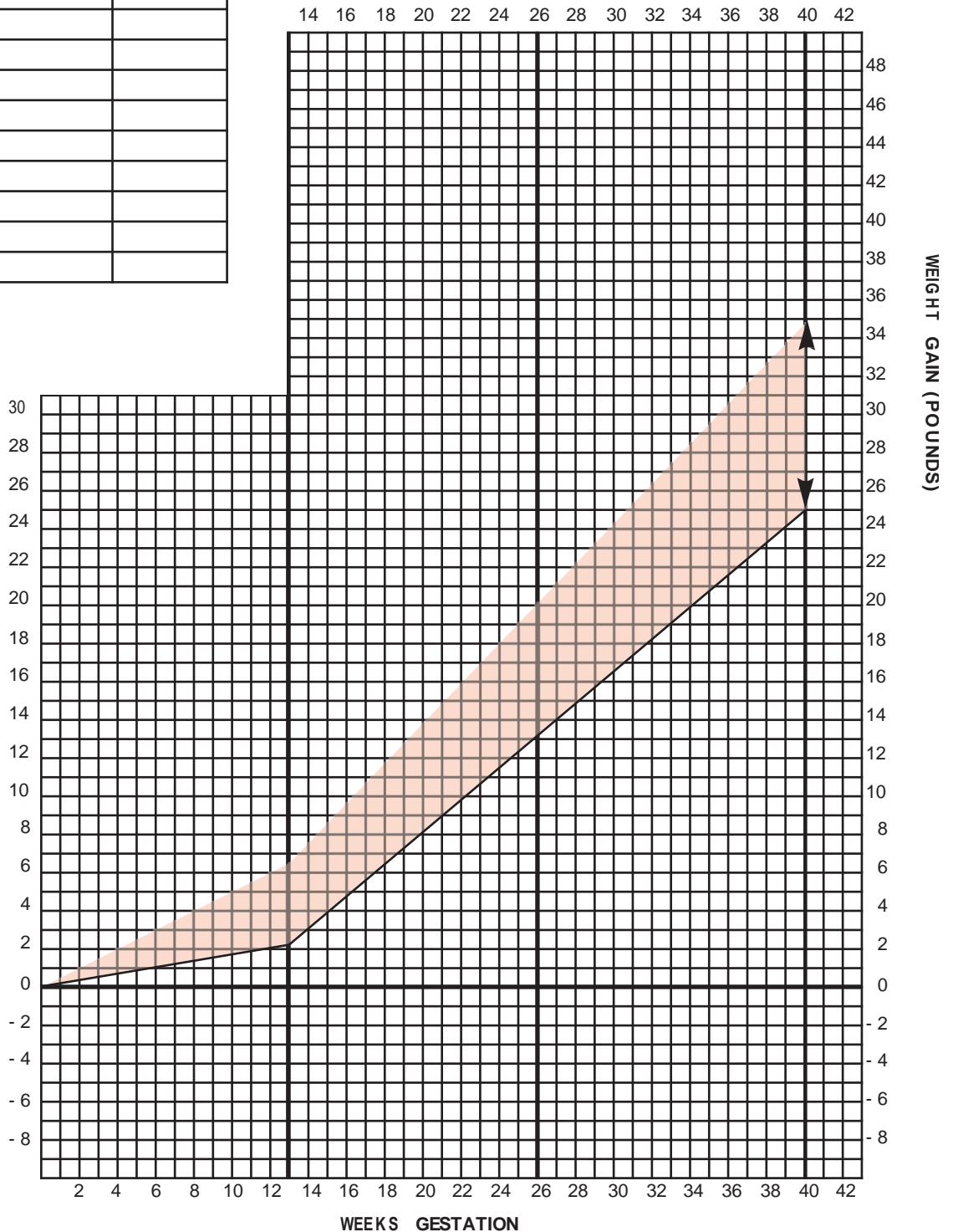
Height	Under Weight (BMI < 18.5)	Normal Weight (BMI 18.5-24.9)	Over Weight (BMI 25-29.9)	Obese (BMI ≥ 30)
4'7"	<80	80-107	108-128	>128
4'8"	<83	83-111	112-133	>133
4'9"	<86	86-115	116-138	>138
4'10"	<89	89-119	120-143	>143
4'11"	<92	92-123	124-148	>148
5'	<95	95-127	128-153	>153
5'1"	<98	98-132	133-158	>158
5'2"	<101	101-136	137-163	>163
5'3"	<105	105-140	141-169	>169
5'4"	<108	108-145	146-174	>174
5'5"	<111	111-149	150-179	>179
5'6"	<115	115-154	155-185	>185
5'7"	<118	118-159	160-191	>191
5'8"	<122	122-164	165-196	>196
5'9"	<125	125-168	169-202	>202
5'10"	<129	129-173	174-208	>208
5'11"	<133	133-178	179-214	>214
6'	<137	137-183	184-220	>220
6'1"	<140	140-189	190-227	>227
6'2"	<143	143-194	195-233	>233
6'3"	<148	149-199	200-239	>239

BMI = Weight (lbs)/Height (inches)² X 703

PREPREGNANCY

WEIGHT: _____

HEIGHT: _____



1. Per personal communication with the Committee to Reexamine IOM Prepregnancy Weight Guidelines.
2. Institute of Medicine and National Research Council, Rasmussen KM, Yatkin AL, eds. *Weight Gain During Pregnancy: Reexamining the Guidelines*. Washington, DC: The National Academies Press; 2009.