



WEIGHT CHART

Pre-pregnancy Weight _____

Weight at First Prenatal Visit _____

Weeks Pregnant at First Prenatal Visit _____

Total Recommended Weight Gain _____

WEEK	WEIGHT	WEIGHT GAIN	NOTES
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			



