

BabiesDirect's Excel Pregnancy Weight Gain Chart

Chart For:

Date:

Week Number	Actual Date	Your Weight	Waist Measurement
Week 1			
Week 2			
Week 3			
Week 4			
Week 5			
Week 6			
Week 7			
Week 8			
Week 9			
Week 10			
Week 11			
Week 12			
Week 13			
Week 14			
Week 15			
Week 16			
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Week 28			
Week 29			
Week 30			
Week 31			
Week 32			
Week 33			
Week 34			
Week 35			
Week 36			
Week 37			
Week 38			
Week 39			
Week 40			

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