

Pregnancy Weight & Waist Tracker

kidsdirect.net • print this out and fill it in by hand

Name: _____ Starting weight: _____ lbs Starting BMI category: _____

How Much Should You Gain?

Starting BMI Category	BMI Range	Total Weight Gain
Underweight	Below 18.5	28 to 40 lbs
Normal weight	18.5 to 24.9	25 to 35 lbs
Overweight	25.0 to 29.9	15 to 25 lbs
Obese	30.0 and above	11 to 20 lbs

Source: CDC and National Academy of Medicine guidelines. Confirm your own target with your doctor.

Your Weekly Numbers

Week	Date	Weight (lbs)	Waist (in)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			

Week	Date	Weight (lbs)	Waist (in)
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			
31			
32			
33			
34			
35			
36			
37			
38			
39			
40			

Want the editable version instead? Grab the Excel file at kidsdirect.net/weight-gain-chart/ and it will do the math for you.