Name:

Weight Categories for Women According to Height and Pre-pregnancy Weight (lbs)[1]:

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 (in.)² X 703

Recommended Weight Gain[1]:

Mark One:		Single	Twins
☐	Underweight	28-40 lbs.	**N/A**
☐	Normal	25-35 lbs.	**37-54 lbs.**
☐	Overweight	15-25 lbs.	**31-50 lbs.**
☐	Obese	11-20 lbs.	**25-42 lbs.**

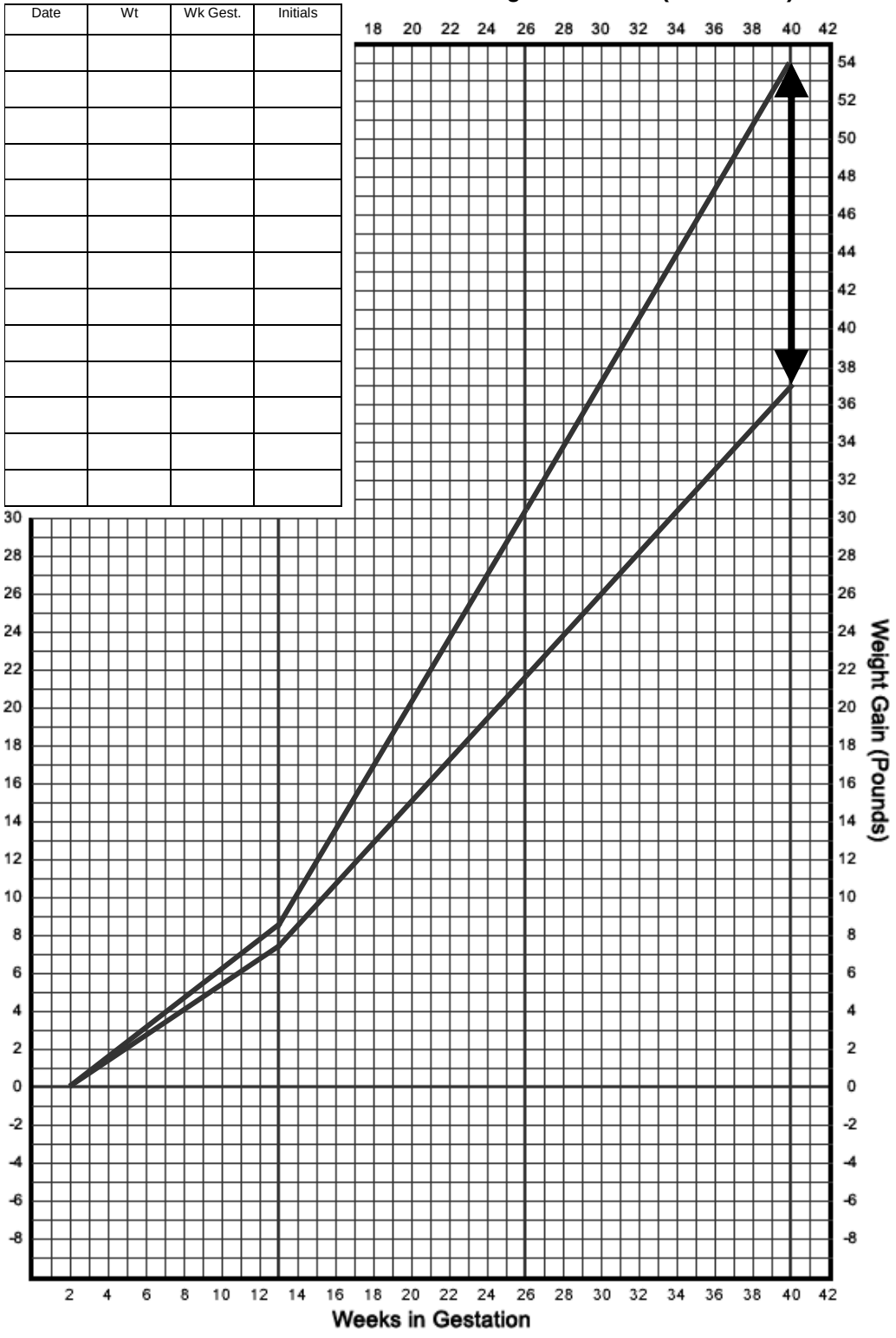
Pre-pregnancy Weight: _____

Height: _____

[1] IOM, 2009. *Weight Gain During Pregnancy: Reexamining the Guidelines.* Washington, DC: National Academies Press.

[2] Per Communication with Florida and California WIC Programs

Date	Wt	Wk Gest.	Initials

Pre-pregnancy Normal Weight Range

Prenatal Weight Gain Grid (with Twins)[2]