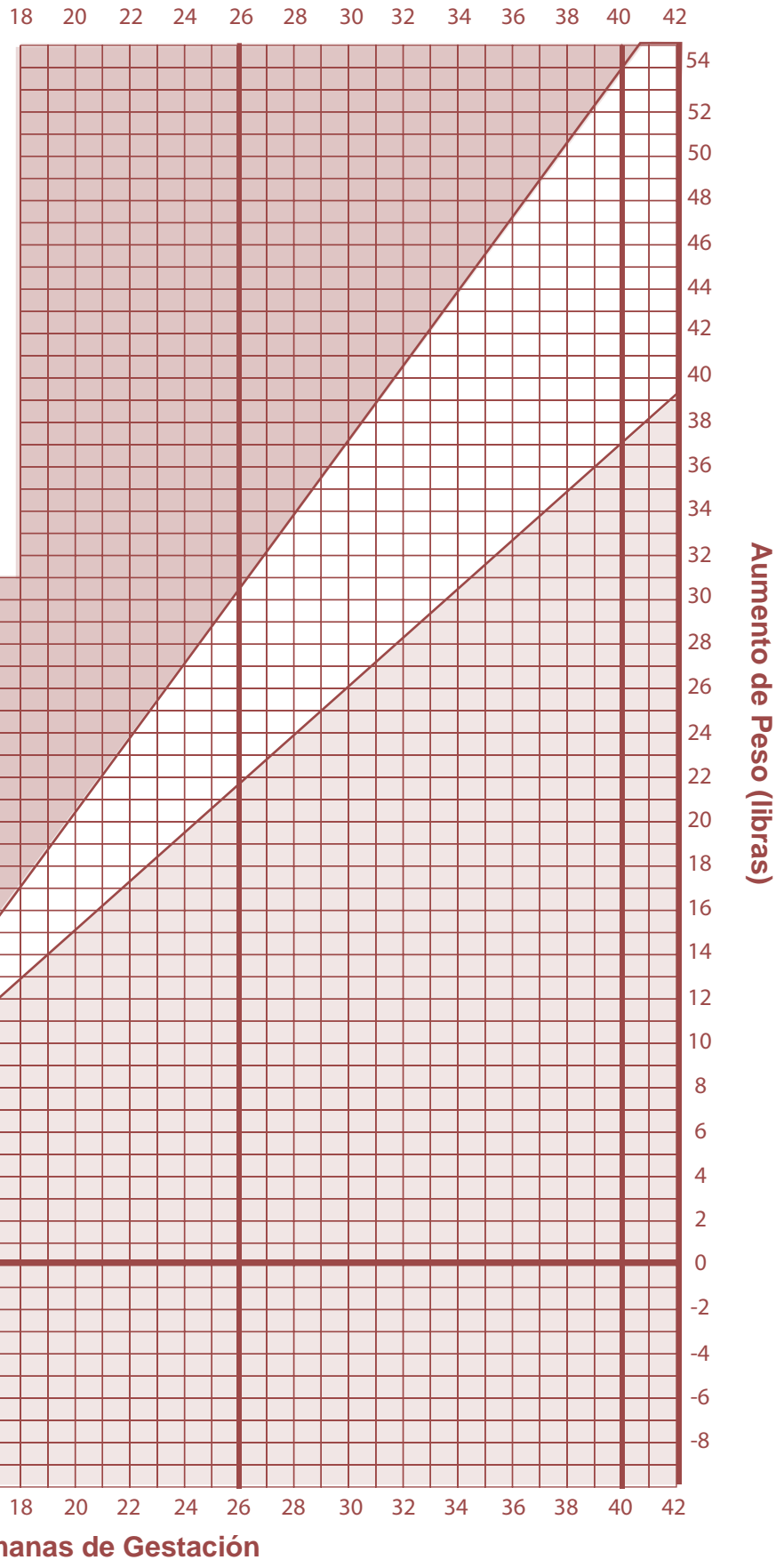


**Cuadro de Aumento de Peso Prenatal**  
**BMI Antes del Embarazo 18.5 - 24.9**

Fecha del Parto \_\_\_\_\_  
 Altura (sin zapatos) \_\_\_\_\_  
 Peso Antes del Embarazo \_\_\_\_\_  
 BMI Antes del Embarazo \_\_\_\_\_

Fecha	Semanas de Gestación	Peso / Aumento de Peso
		/
		/
		/
		/
		/
		/
		/
		/
		/
		/



**Weight Gain Recommendations (multi-fetal):**

- 37-54 lbs. total weight gain

**Prenatal Weight Gain Chart**

Pre-Pregnancy BMI 18.5 - 24.9

Due Date \_\_\_\_\_  
 Ht. (without shoes) \_\_\_\_\_  
 Pre-Pregnancy Wt. \_\_\_\_\_  
 Pre-Pregnancy BMI \_\_\_\_\_

Date	Weeks Gestation	Weight / Weight Gain
		/
		/
		/
		/
		/
		/
		/
		/
		/
		/

