

Weight gain tracker

If you're interested in keeping track at home, you can track your weight gain using this chart. To use our online pregnancy weight gain tracker, visit the *Tools* section at healthyparentshealthychildren.ca/resources

Pre-pregnancy BMI: _____

Recommended total weight gain goal: _____

Pre-pregnancy weight: _____

Number of weeks		Date	Your weight	Weight gain*	Number of weeks		Date	Your weight	Weight gain*
	First appt.					weeks			
	weeks					weeks			
	weeks					weeks			
	weeks					weeks			
	weeks					weeks			
	weeks					weeks			
	weeks					weeks			
	weeks					weeks			
	weeks					weeks			
	weeks					weeks			
	weeks					weeks			
	weeks					weeks			
	weeks					weeks			
	weeks					weeks			
	weeks					weeks			

* To find your weight gain, subtract what you weigh now from how much you weighed before you became pregnant. For example, if you weighed 61.2 kg (135 lbs) before pregnancy, and weigh 63 kg (139 lbs) at 16 weeks, you've gained 1.8 kg (4 lbs).

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