

Recommended Weight Gain
37 - 54 pounds (17 - 25 kg)



PRENATAL WEIGHT GAIN CHART
Pre-Pregnancy Normal Weight
BMI = 18.5-24.9 Twins

| Date | Weight |
|-------|--------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

