## **Pregnancy Weight Gain Chart**

<sup>\*</sup>Aim to gain 25 – 35 pounds during your pregnancy.
\*Look to gain 2 – 4 pounds during the initial three months and a pound a week thereafter.

Week	Date	Weight	Calories Eaten Today	<b>Belly Measurements</b>	Comments / Notes
1					
2					
3					
4					
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