PREGNANCY WEIGHT TRACKER

Weight gain during pregnancy is important for the health of your baby and your pregnancy.

Underweight women should gain 28-40 pounds
Average weight women should gain 25-35 pounds
Overweight women should gain 15-25 pounds

PREGNANCY WEEK	DATE LOGGED	TODAY'S WEIGHT	TODAY'S WEIGHT GAIN

PREGNANCY WEEK	DATE LOGGED	TODAY'S WEIGHT	TODAY'S WEIGHT GAIN

Calorie needs change throughout your pregnancy and the different trimesters:

First Trimester: does not require a change in calorie intake
Second Trimester: an additional 340 calories a day are recommended
Third Trimester: an additional 450 calories a day are recommended