Pregnancy Weight Gain Chart

^{*}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 | Belly Measurements | Comments / Notes |
|------|------|--|----------------------|--|------------------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| 5 | | | | | |
| 6 | | | | | |
| 7 | | | | | |
| 8 | | | | | |
| 9 | | | | | |
| 10 | | | | | |
| 11 | | | | | |
| 12 | | | | | |
| 13 | | | | | |
| 14 | | | | | |
| 15 | | | | | |
| 16 | | | | | |
| 17 | | İ | | İ | |
| 18 | | | | | |
| 19 | | 1 | | | |
| 20 | | | | | |
| 21 | | | | | |
| 22 | | | | | |
| 23 | | i i | | | |
| 24 | | | | | |
| 25 | | | | | |
| 26 | | | | | |
| 27 | | | | | |
| 28 | | | | | |
| 29 | | | | | |
| 30 | | | | | |
| 31 | | | | | |
| 32 | | | | | |
| 33 | | 1 | | | |
| 34 | | † † | | | |
| 35 | | † † | | | |
| 36 | | | | | |
| 37 | | | | + | |
| 38 | | | | + | |
| 39 | | | | | |
| 40 | | | | | |