

PREGNANCY WEIGHT TRACKER

Week by Week Progress

Name: _____

Due Date: _____

Starting Weight: _____

BMI Category: _____

WEEK	DATE	WEIGHT (LBS/KG)	NOTES
FIRST TRIMESTER			
Week 4			
Week 8			
Week 12			
SECOND TRIMESTER			
Week 16			
Week 20			
Week 24			
Week 28			
THIRD TRIMESTER			

WEEK	DATE	WEIGHT (LBS/KG)	NOTES
Week 32			
Week 34			
Week 36			
Week 38			
Week 40			

Consult with your healthcare provider regarding your specific weight gain targets.