1. Last Name	First Name								MI	
Patient Number										
3. Date of Birth										
(MM/DD/YYYY)										
		Mo	nth	Da	ay		Ye	ear		
4. Race □ American Indian or Alaska Native □ Asian □ Black/African American □ Native Hawaiian/Other Pacific Islander □ Unknown □ White										
5. Ethnic Origin ☐ Hispanic Cuban☐ Hispanic Other☐ Not Hispanic/Latino			☐ Hispanic Mexican American☐ Hispanic Puerto Rican☐ Unreported☐							
6. Gender □ Female □ Male										
7 County of Residence										

N.C. Department of Health and Human Services Women's and Children's Health Section

PRENATAL WEIGHT GAIN CHART

Pre-Pregnancy Normal Weight BMI 18.5-24.9

Weight Gain Recommendations (singleton):

- ♦ 2.2–6.6 lb. gain 1st trimester
- ♦ 1 lb. gain per week 2nd and 3rd trimesters
- ♦ 25–35 lb. total weight gain

