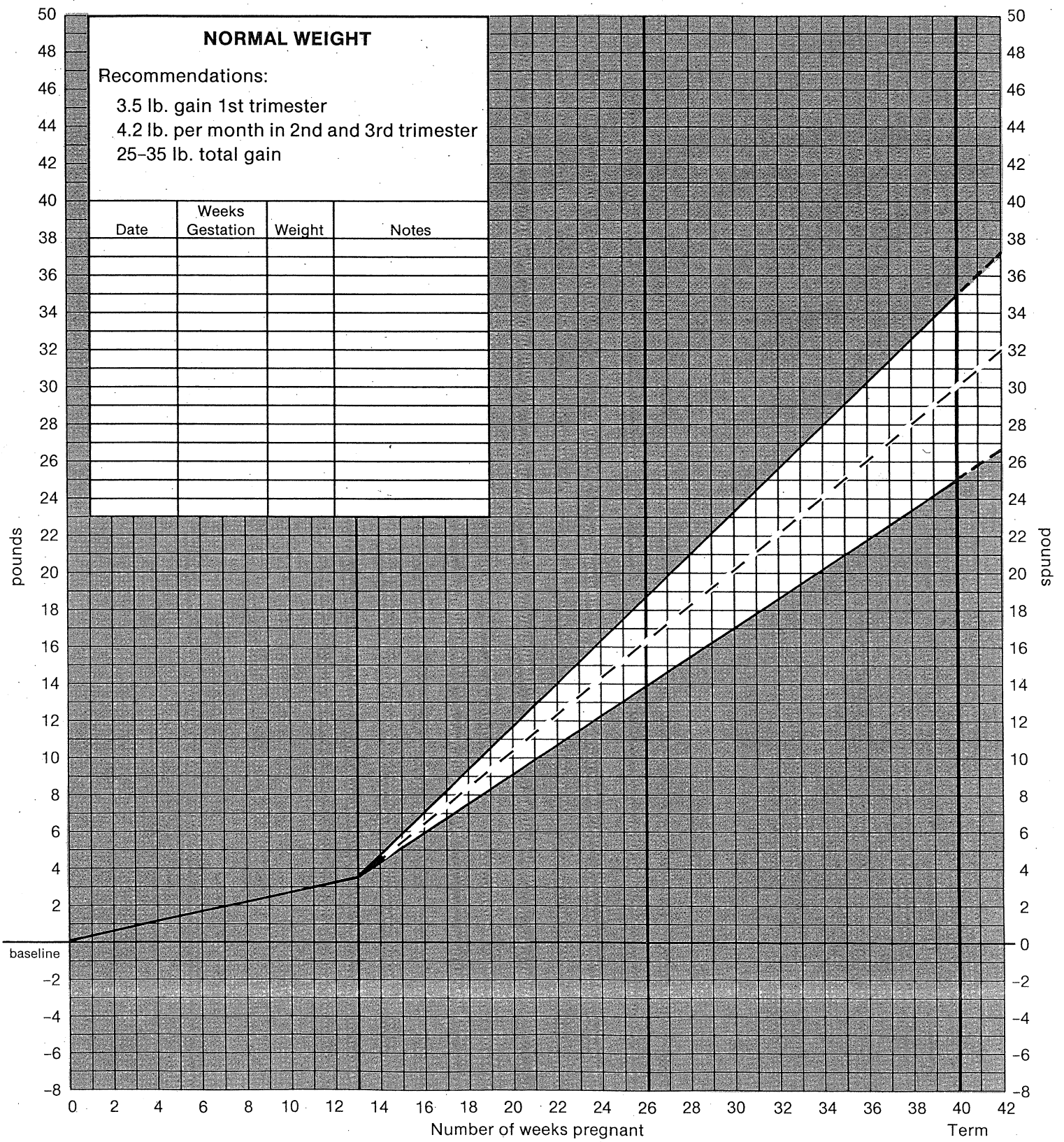
N.C. Department of Environment, Health, and Natural Resources
Division of Maternal and Child Health

PRENATAL WEIGHT GAIN CHART: NORMAL WEIGHT

Name _____ D.O.B. _____

E.D.C. _____ Height (without shoes) _____

Pregravid Weight _____ OR Calculated Pregravid Weight _____