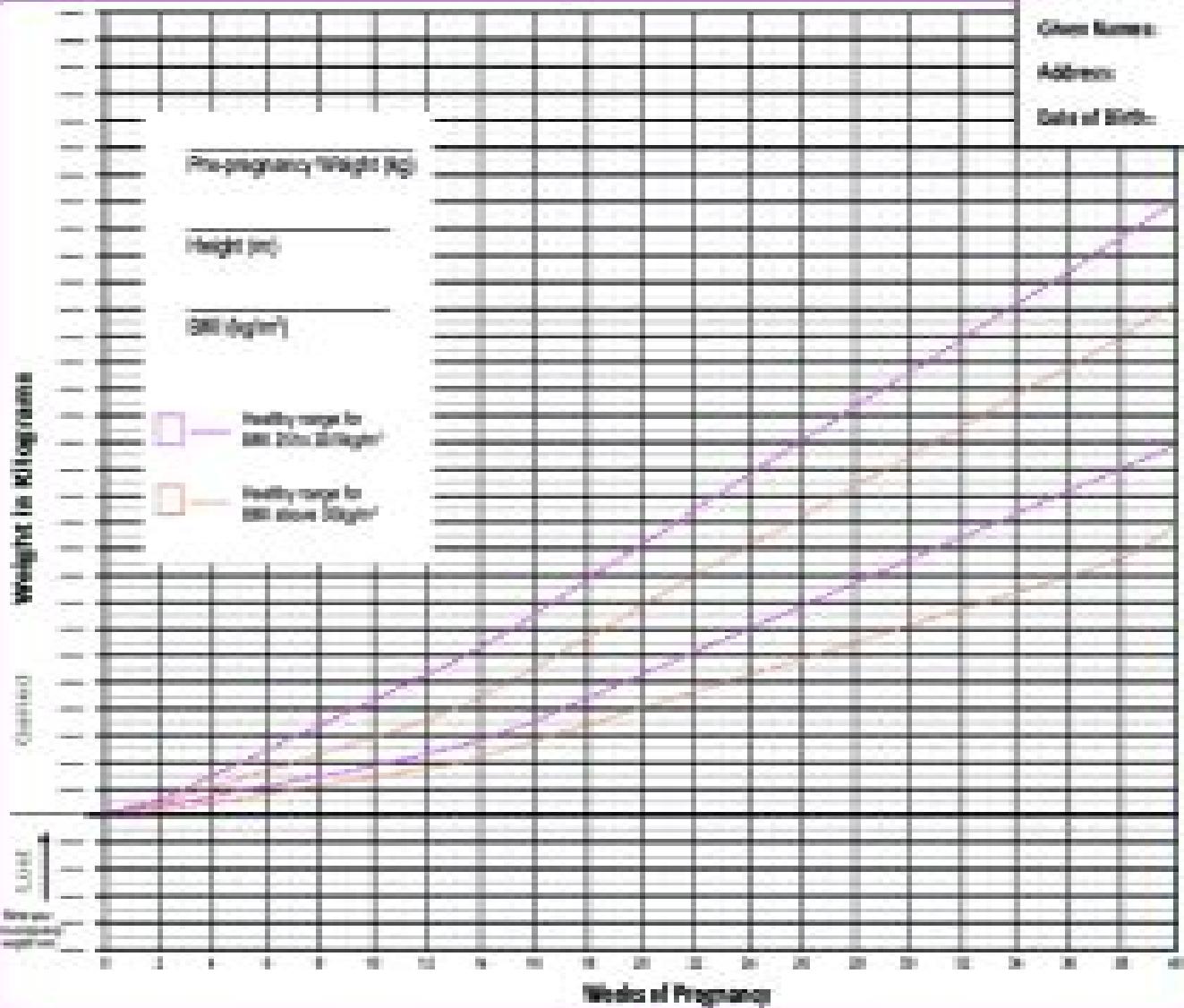


Weight gain chart for twin and triplet pregnancies for BMI 25kg/m² or over



(This patient identification label box)

Mr/Ms:

Family Name:

Given Name:

Address:

Date of Birth:

Sex: M F I

One question to your pregnancy!

How much weight gain is important for your health and the health of your babies? Aim for the healthy weight gain range, using either your healthy weight gain range or your target weight gain range. Your healthcare professional will advise you on your weight gain during your multiple pregnancy.

The amount of weight you should gain depends on your pre-pregnancy body mass index (BMI) before you became pregnant. Use the weight gain ranges below to calculate your BMI.

Pre-pregnancy BMI 25-29 kg/m²



Pre-pregnancy BMI 30-34 kg/m²



How to use this chart

1. Write down your pre-pregnancy weight before pregnancy. Use the space provided.
2. Calculate your pre-pregnancy BMI using the following equation: $BMI = \frac{weight}{height^2}$ kg/m^2
3. Alternatively, you can use our online calculator: www.hscni.net/weightgaincalculator.aspx
4. Starting from your pre-pregnancy weight, read right and upwards along the left hand line on the graph.
5. Weight yourself each appointment and make a mark on the line above your weight and write gestation week.
6. Connect the dots to draw a weight gain line graph. The points on the line should all lie between the two lines defining your pregnancy.

Weight Gain Blue Print Manual

D Keegan

Weight Gain Blue Print Manual:

The Fat Burning Blueprint Paris Louiselle,2013-10-06 Fat Burning Blueprint Why Willpower Doesn t Help You Lose Weight and Other Weight Loss IllusionsImagine you could lose the same amount of weight on two diet plans On program one you re hungry all the time You have to use every drop of willpower you can muster to stay on it You re frequently subject to cravings You rarely feel full and when you do it doesn t last very long To top it off this same eating plan requires you be a mathematician and a journalist keeping track of every calorie and fat gram On program two you choose from basic foods that have sustained the human genus for a couple of million years You eat as much as possible from this varied list You rarely have cravings and hunger is a thing of the past Your appetite is regulated naturally your energy level is high and you feel satisfied all the time Which program would you want to do Now let s go one step further and assume that these two eating programs produced identical results in the weight loss department

Manual Training Magazine Charles Alpheus Bennett,William Thomas Bawden,1925 **When Science Met God** Gita Krishna Raj, Everyday Engineering Magazine

,1919 Mayor's Address Bangor (Me.),1912 Includes the annual reports of the several departments and the receipts and expenditures **Blueprint**,1947 **Steelworker 3 and 2** United States. Bureau of Naval Personnel,1959 Bulletin of the Brooklyn Public Library Brooklyn Public Library,1920 **Quarterly Bulletin** Brooklyn Public Library,1919

Department Store Economist ,1957 The Wireless Age ,1916 Collier's ,1925 **QST.** ,1919 American Machinist ,1881 Branch Library Book News ,1928 **Branch Library Book News ...** New York Public Library,1927

The Popular Science Monthly ,1922 Popular Science Monthly and World's Advance ,1922 Journal of Pulp and Paper Science ,1996 Brooklyn Public Library News Bulletin Brooklyn Public Library,1920

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