

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

(Add patient identification label here)

UBR:

Family Name:

Given Name:

Address:

Date of Birth:

Sex:

☐ M

☐ F

☐ I

Pre-pregnancy Weight (kg)

Height (m)

BMI (kg/m²)

- Healthy range for BMI 25 or higher
- Healthy range for BMI above 30 kg/m²

Weight in kilograms

Quintal

1000
100
10
1

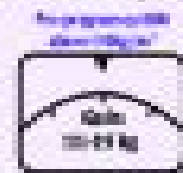
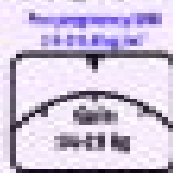
1000
100
10
1

Weeks of Pregnancy

Congratulations on your pregnancy!

Healthy pregnancy weight gain is important for your health and the health of your baby. We present to you on this side of this page. Almost all women can gain a healthy amount by eating well, being active and monitoring their weight. Healthy pregnancy weight gain chart is an essential appointment and your maternity health care provider to plan your weight and check your progress towards your weight gain goals for this pregnancy.

The amount of weight you should gain depends on your weight (and body mass index - BMI) before you became pregnant. Check the weight gain range that matches your pre-pregnancy BMI (see below) to calculate your BMI.



How to use this booklet:

1. Add your pre-pregnancy weight and weight before pregnancy to the box at the bottom.
2. Calculate your pre-pregnancy BMI using the following calculation: $\frac{\text{weight (kg)}}{\text{height (m)}^2}$. Alternatively, you can use our weight gain calculator: <https://www.health.gov.au/healthcare/weight-gain-calculator>.
3. Marking from pre-pregnancy weight, add weight gain along the left hand side of the graph.
4. Mark yourself each appointment and every week or fortnight your obstetrician can follow a pattern for the other your weight and weight gain patterns.
5. Connect the dots to show your weight gain throughout pregnancy. You should aim to be between the dotted lines during your pregnancy.

Weight Gain Blue Print Manual

Michael Brown

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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 Illusions Imagine 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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