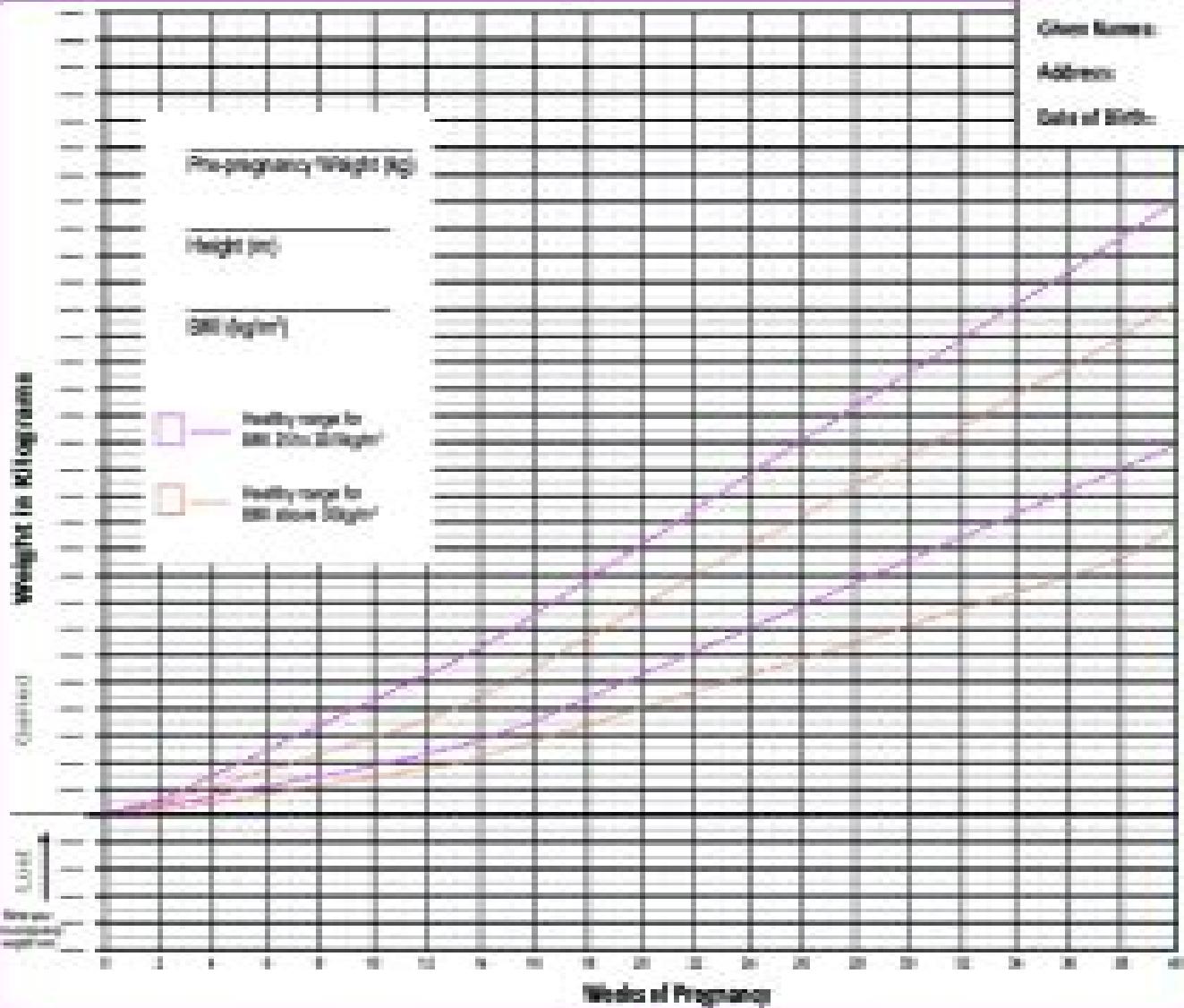


# Weight gain chart for twin and triplet pregnancies for BMI 25kg/m<sup>2</sup> or over



(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 pre-pregnancy weight gain range or your target weight gain line. This will help you to plan your weight gain throughout your twin/triplet 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, then pregnancy tables below to calculate your gain.

Pre-pregnancy BMI 25-29 kg/m<sup>2</sup>

Target weight gain  
25-29 kg/m<sup>2</sup>

Weeks 1-20: 10 kg  
Weeks 21-40: 12 kg

Actual weight gain  
25-29 kg/m<sup>2</sup>

Weeks 1-20: 10 kg  
Weeks 21-40: 12 kg

Pre-pregnancy BMI 30-34 kg/m<sup>2</sup>

Target weight gain  
30-34 kg/m<sup>2</sup>

Actual weight gain  
30-34 kg/m<sup>2</sup>

## How to use this chart

- 1 Calculate your weight gain range using the following equations:
  - Pre-pregnancy BMI 25-29 kg/m<sup>2</sup>: weight gain 10 kg (weeks 1-20) and 12 kg (weeks 21-40)
  - Pre-pregnancy BMI 30-34 kg/m<sup>2</sup>: weight gain 10 kg (weeks 1-20) and 12 kg (weeks 21-40)
- 2 Calculate your pre-pregnancy BMI using the following equations:
  - Pre-pregnancy BMI 25-29 kg/m<sup>2</sup>: weight gain 10 kg (weeks 1-20) and 12 kg (weeks 21-40)
  - Pre-pregnancy BMI 30-34 kg/m<sup>2</sup>: weight gain 10 kg (weeks 1-20) and 12 kg (weeks 21-40)
- 3 Starting from your pre-pregnancy weight (Week 0) and weight gain range, draw a line across the chart for each week of pregnancy.
- 4 Weigh yourself each appointment and make a vertical line on the chart for each appointment. Calculate the difference between the weight and weight gain line.
- 5 Connect the vertical lines using a straight line. The straight line is the target weight gain line for this twin/triplet pregnancy. The straight line is to be between the two lines defining your pregnancy.

# Weight Gain Blue Print Manual

**Michael Brown**

## 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

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