

Pregnancy weight tracker

Here's a basic template you can use for tracking weight gain during pregnancy. If you're concerned about weight gain, it's always best to discuss it with your healthcare provider.



Before pregnancy					
Weight:					
Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Week 14	Week 15	Week 16	Week 17	Week 18	Week 19
Week 20	Week 21	Week 22	Week 23	Week 24	Week 25
Week 26	Week 27	Week 28	Week 29	Week 30	Week 31
Week 32	Week 33	Week 34	Week 35	Week 36	Week 37
Week 38	Week 39	Week 40			