

# Body Mass Index (BMI) Wall Chart

How much weight do I need to gain during my pregnancy?

Height (Feet and Inches)	Underweight (Pounds)	Normal Weight (Pounds)	Overweight (Pounds)	Obese (Pounds)
	BMI < 18.5	BMI 18.5-24.9	BMI 25.0-29.9	BMI 30.0+
4'8"	less than 83	83-111	112-133	134 or higher
4'9"	less than 86	86-115	116-136	139 or higher
4'10"	less than 89	89-119	120-143	144 or higher
4'11"	less than 92	92-123	124-146	149 or higher
5'0"	less than 95	95-127	128-153	154 or higher
5'1"	less than 98	98-132	133-158	159 or higher
5'2"	less than 101	101-136	137-163	164 or higher
5'3"	less than 104	104-140	141-169	170 or higher
5'4"	less than 108	108-145	146-174	175 or higher
5'5"	less than 111	111-149	150-179	180 or higher
5'6"	less than 115	115-154	155-185	186 or higher
5'7"	less than 118	118-159	160-191	192 or higher
5'8"	less than 122	122-164	165-196	197 or higher
5'9"	less than 125	125-168	169-202	203 or higher
5'10"	less than 129	129-173	174-208	209 or higher
5'11"	less than 133	133-178	179-214	215 or higher
6'0"	less than 136	136-183	184-220	221 or higher
6'1"	less than 140	140-189	190-227	228 or higher
6'2"	less than 144	144-194	196-233	234 or higher
6'3"	less than 148	148-199	200-239	240 or higher
6'4"	less than 152	152-204	205-246	247 or higher
	For the health of your baby it is best to gain 28-40 pounds	For the health of your baby it is best to gain 25-35 pounds	For the health of your baby it is best to gain 15-25 pounds	For the health of your baby it is best to gain 11-20 pounds

South Dakota Department of Health I Didn't Know My Weight Matters 2010

Post this chart by the scale or in your exam room as a visual reminder in reviewing BMI and weight gain goals