

Track your weight during pregnancy

Use this tracker to keep a record of your weekly weight gain. Or, create your own on a piece of paper or notebook! Bring this tracker to your health care appointment. It will help you talk to your health care provider about healthy weight gain. Write down questions you have for your health care provider during the time between your appointments.

Start tracking at the week of pregnancy you are at currently. Don't worry about previous weeks. Use the weight you are now for your starting weight. You can print multiple copies of the tracker pages if you need to track more weeks than what is provided.

Starting Weight: _____ **Due Date:** _____

Each week, take a moment to answer these questions:

1. What healthy food choices did I make this week?
2. What kind of physical activity did I do this week?
3. What cravings did I have this week?
4. What would I like to do differently next week? And, how will I do it?

Week	Weight	Change from last week	Answers to weekly questions
Example: 10	Example: 167	Example: + 2 lbs	Example: 1. <i>Ate veggies every day, drank at least 8 cups of water each day</i> 2. <i>Walked in the park with a friend</i> 3. <i>Ice cream - but I only had a small amount</i> 4. <i>Stick to my meal plan, make sure I have the planned foods in my house. Bring a water bottle with me when I leave the house</i>
			1. 2. 3. 4.

(Blank tracker pages start on next page)

Week	Weight	Change from last week	Answers to weekly questions
			1. 2. 3. 4.
			1. 2. 3. 4.
			1. 2. 3. 4.
			1. 2. 3. 4.

Week	Weight	Change from last week	Answers to weekly questions
			1. 2. 3. 4.
			1. 2. 3. 4.
			1. 2. 3. 4.
			1. 2. 3. 4.

Week	Weight	Change from last week	Answers to weekly questions
			1. 2. 3. 4.
			1. 2. 3. 4.
			1. 2. 3. 4.
			1. 2. 3. 4.

Week	Weight	Change from last week	Answers to weekly questions
			1. 2. 3. 4.
			1. 2. 3. 4.
			1. 2. 3. 4.
			1. 2. 3. 4.