



















Catch-Up Growth Tracker



Capture your baby's catch-up growth*

Rapid gains in your baby's head size, length, and weight are known as "catch-up growth." Essential indicators of progress, they're important to record as they occur. Print this chart to track your baby's measurements at visits with your baby's healthcare professional, who has the training and equipment to take accurate readings.

DATE	HEAD CIRCUMFERENCE	LENGTH	WEIGHT
____/____/____	 INCHES	 INCHES	 LBS OZ
____/____/____	 INCHES	 INCHES	 LBS OZ
____/____/____	 INCHES	 INCHES	 LBS OZ
____/____/____	 INCHES	 INCHES	 LBS OZ
____/____/____	 INCHES	 INCHES	 LBS OZ
____/____/____	 INCHES	 INCHES	 LBS OZ

* Every baby develops differently. If you have concerns about your baby's growth, speak with their healthcare professional.