



















Capture your baby’s catch-up growth*

Rapid gains in your premature baby’s weight, length, and head size (also known as head circumference) are known as “catch-up growth.” Essential indicators of progress, these data points are 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.