

**Supplementary Table 1: Maternal and neonatal complications by group**

		<b>Intervention</b>	<b>Usual care</b>
<b>Mother:</b>		N (%)	N (%)
Caesarean section		68/304 (22.4)	69/302 (22.8)
Length of inpatient stay	mean (sd)	1.7 (1.5) 305	1.7 (1.7) 306
	median (IQR)	1.0 (1.0 to 2.0)	1.0 (1.0 to 2.0)
Maternal ICU admission		n/a	n/a
Preeclampsia		6/315 (1.9)	8/317 (2.5)
Pregnancy induced hypertension		n/a	n/a
Gestational diabetes		12/315 (3.8)	17/317 (5.4)
Maternal sepsis		n/a	n/a
Preterm delivery		17/304 (5.6)	14/302 (4.6)
Miscarriage		5/317 (1.6)	1/316 (0.3)
Stillbirth		0/316 (0)	1/316 (0.3)
Shoulder dystocia		3/312 (1.0)	2/314 (0.6)
<b>Baby:</b>			
Treatment for jaundice		34/312 (10.9)	27/314 (8.6)
Low Apgar score (<7) at 1 min		n/a	n/a
Low apgar score (<7) at 5 mins		4/254 (1.6)	1/249 (0.4)
Admission to NICU		26/261 (10.0)	21/262 (8.0)
Neonatal death		n/a	n/a
Neonatal sepsis		n/a	n/a
Gestational age (wks)	mean (sd)	39.2 (2.1) 304	39.3 (1.6) 302
	median (IQR)	40 (39-40)	40 (38-40)
Birth weight (g)	mean (sd)	3348.6 (567.1) 304	3401.8 (550.7) 301
	median (IQR)	3373.5 (3060-3665)	3460 (3040-3745)

Supplementary Table 2: Per-protocol analysis

	Intervention	Usual care	Intervention-Usual care		
	Number exceeding IOM guideline/N\$(%)	Number exceeding IOM guideline/N\$(%)	% (95% CI)*	Adjusted odds ratio (95% CI)*	P value
Women recorded weight weekly >70% of time during pregnancy	7/46 (15.2)	67/254 (26.4)	-9.2 (-26.3, 8.0)	0.58 (0.23, 1.47)	0.25
Midwife overall accuracy for >70% appointments	8/42 (19.0)	67/254 (26.4)	-5.9 (-28.0, 16.2)	0.71 (0.27, 1.88)	0.49
Women weighing themselves 5 or more times during pregnancy	18/95 (18.9)	67/254 (26.4)	-7.0 (-23.2, 9.2)	0.68 (0.35, 1.33)	0.26

\$ Includes objective and self-reported weights

\*adjusted by Site, BMI category and midwife (random effect)