

Certainty assessment							№ of patients		Effect		Certainty	Importance
№ of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Physical activity	Usual care	Relative (95% CI)	Absolute (95% CI)		

General maternal weight gain

54	randomised trials	not serious	not serious	not serious	not serious	very strong association	4254	4440	-	MD 1.2 KG lower (1.7 lower to 0.7 lower)	⊕⊕⊕⊕ High	CRITICAL
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Excessive maternal weight gain

23	randomised trials	not serious	not serious	not serious	not serious	none	776/2868 (27.1%)	1171/3152 (37.2%)	OR 0.59 (0.49 to 0.70)	113 fewer per 1000 (from 147 fewer to 79 fewer)	⊕⊕⊕⊕ High	CRITICAL
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Maternal weight gain in normal weight women

6	randomised trials	not serious	not serious	not serious	not serious	very strong association	586	555	-	MD 1.36 KG lower (2.1 lower to 0.62 lower)	⊕⊕⊕⊕ High	IMPORTANT
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Maternal weight gain in obese women

7	randomised trials	not serious	not serious	not serious	not serious	none	136	161	-	MD 0.56 KG fewer (2.18 fewer to 1.06 more)	⊕⊕⊕⊕ High	IMPORTANT
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Maternal weight gain in overweight women

6	randomised trials	not serious	not serious	not serious	not serious	none	114	126	-	MD 1.93 KG fewer (3.87 fewer to 0.02 more)	⊕⊕⊕⊕ High	IMPORTANT
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CI: confidence interval; MD: mean difference; OR: odds ratio; RR: risk ratio; SMD: standardised mean difference