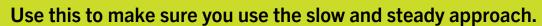
# **Your Safe Weight Gain Tracking Tool**





### **Let's Eat!**

Write down what you're eating each day.

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
MON						
TUES						
WED						
THURS						
FRI						
SAT						
SUN						

## **Your Safe Weight Gain Tracking Tool**





#### **Mindful Movement**

Write down how and when you're exercising. Remember: Aim to maintain or reduce your activity while trying to gain weight.

	EXERCISE
MON	
TUES	
WED	
THURS	
FRI	
SAT	
SUN	

### **Keep Track**

Track your weight here, once a week. Remember: Aim for a maximum of 1-2 lbs per week.

DATE	WEIGHT
WEEK 1	
WEEK 2	
WEEK 3	
WEEK 4	
WEEK 5	
WEEK 6	