

Your Safe Weight Gain Tracking Tool

Use this to make sure you use the slow and steady approach.

Let's Eat!

Write down what you're eating each day.

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

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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	