

\*```My story of going from 'low BMI' to 'healthy BMI'\*

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While most people look for quick solutions to lose weight, there is an immense amount of hardship that skinny people face as well. From being a victim of name-calling everywhere to not being able to find clothes that fit, being underweight comes with its own set of dilemmas.

\*Duration took\*: 3 months

Write down each and everything you eat, whatever you drink, and your workout/activity level, and trust me looking at it before heading to bed will make you want to do better the next day.

I used the app " Shape-up " to keep track of my calorie consumption. It has helped me a lot. It had recommendations for calorie consumption depending on my age, weight, and sex. Also, it had free diets and exercises which I followed and got fruitful results. This was my motivation to keep going as I was able to see positive results for my hard work.

I never thought I'll be able to achieve this in such a short duration and that too without a gym or any heavy types of equipment.