**Underweight**:

BMI less than 18.5

Individuals in this category have a BMI that is considered below the healthy range. Being underweight can be due to a variety of factors, such as genetics, medical conditions, or poor nutrition. Individuals who are underweight may be at increased risk for health problems, such as osteoporosis, fertility issues, and weakened immune systems. They may also have low energy levels and difficulty maintaining a healthy weight.

**Eat more calories**: To gain weight, you need to consume more calories than you burn. This means you should aim to consume more calories than you currently do. You can do this by increasing your portion sizes or adding more snacks to your daily diet.

Based on research, an adult underweight female must take 2000-2500 calories per day while male adult must take 2500-3500 calories per day and to promote weight gain, they need to take 2500-3500 calories per day.  
\* Adult Female - 2000-2500 calories per day  
\* Male Adult - 2500-3500 calories per day  
\* Adult Female and Male - **2500-3500 calories per day**

* 3500-7000 calories **per week** **plus their daily calorie needs**
* Weight gain should be gradual and occur at a rate of around 0.5-1 per week
* Nuts - almonds, cashews, peanuts, peanut butter

**Consume nutrient-dense foods:** It is important to focus on consuming nutrient-dense foods that are high in calories, protein, and healthy fats. Examples of nutrient-dense foods include nuts, seeds, avocado, oily fish, lean meats, whole grains, fruits, and vegetables.

* Avocado (good source of fiber, vitamins, and minerals.)
* Oily fish - salmon, tuna, sardines (high in protein and healthy fats.)
* Whole grains - brown rice, quinoa, whole wheat bread (high in calories, fiber, and essential nutrients such as B vitamins)
* Lean meats - chicken, turkey, lean beef (high in protein)
* Dried fruits - raisins, dates, prunes (high in calories and fiber. They also contain important vitamins and minerals.)
* Dairy products - milk, cheese, yogurt (high in calories, protein, and calcium.)

**Choose healthy fats:** Healthy fats can help you gain weight and support overall health. You can incorporate healthy fats into your diet by consuming foods such as avocado, nuts, seeds, olive oil, and fatty fish.

**Eat frequent meals:** Eating frequent meals throughout the day can help you consume more calories and promote weight gain. Aim to eat 5-6 small meals throughout the day instead of 3 large meals.

**Consider working with a registered dietitian:** A registered dietitian can help you develop a personalized meal plan to meet your individual needs and goals.

Remember, it is important to gain weight in a healthy way by consuming a balanced diet and engaging in regular physical activity. If you have concerns about your weight or overall health, consult with your healthcare provider.

**Exercises: 75 to 150 minutes**

1. Weight lifting: Weight lifting is a popular form of strength training that involves lifting weights to build muscle mass. Start with lighter weights and gradually increase the weight as you get stronger. Focus on exercises that target major muscle groups such as squats, deadlifts, bench press, and shoulder press.

* Squats (2 sets or 24 squats) (2 or 3 times a week)
* Deadlifts (two to three sets of 8-12 repetitions) (2 or 3 times a week)
* Bench press (two to three sets of 8-12 repetitions) (2 or 3 times a week)
* Shoulder press(two to three sets of 8-12 repetitions) (2 or 3 times a week)

1. Bodyweight exercises: Bodyweight exercises such as push-ups, pull-ups, and lunges are effective at building muscle mass without requiring any equipment. These exercises can be done at home or in a gym.

* Push-ups & pull-ups (two to three sets of 8-12 repetitions) (2 or 3 times a week)
* Lunges - (two to three sets of 8-12 repetitions) (2 or 3 times a week)

1. Resistance band workouts: Resistance bands are a versatile piece of equipment that can be used for strength training exercises such as bicep curls, tricep extensions, and rows. Resistance band workouts can be done at home or in a gym.

* Bicep curls - (two to three sets of 8-12 repetitions) (2 or 3 times a week)
* Tricep extensions - (two to three sets of 8-12 repetitions) (2 or 3 times a week)

1. High-intensity interval training (HIIT): HIIT workouts involve short bursts of intense exercise followed by periods of rest. HIIT workouts can help improve cardiovascular health and increase calorie burn while also building muscle mass. Examples of HIIT workouts include jump squats, burpees, and mountain climbers.

* Burpees - 30 seconds, 30 seconds off or one set of 10-15 reps
* Jump squats - 2-3 sets of 8-10 reps (2 or 3 times a week)

1. Yoga: Yoga can help improve flexibility, balance, and strength. Incorporating yoga into your exercise routine can help you build muscle mass and promote weight gain. Examples of yoga poses include downward dog, warrior II, and tree pose.

* Warrior II - 30 seconds to 1 minute each side
* Chair pose - 30 seconds to 1 minute
* Boat pose - 30 seconds to 1 minute
* Downward-facing dog - 30 seconds to 1 minute
* Upward-facing dog - 30 seconds to 1 minute

Monday

* Breakfast: Tapsilog (dried beef with garlic rice and fried egg)
* Snack: Banana
* Lunch: Ginisang Munggo (Mung Bean Stew) with steamed rice and boiled egg
* Snack: Kamote (Sweet potato) cue
* Dinner: Adobong Manok (Chicken Adobo) with steamed rice and boiled vegetables

Tuesday

* Breakfast: Champorado (Chocolate Rice Porridge) with evaporated milk and boiled egg
* Snack: Mango
* Lunch: Ginataang Gulay (Vegetables in Coconut Milk) with steamed rice and boiled egg
* Snack: Taho (Soy Pudding with Syrup)
* Dinner: Sinigang na Bangus (Milkfish Sour Soup) with steamed rice and boiled vegetables

Wednesday

* Breakfast: Arroz Caldo (Rice Congee) with boiled chicken and garlic
* Snack: Pineapple
* Lunch: Adobong Kangkong (Water Spinach Adobo) with steamed rice and boiled egg
* Snack: Banana cue
* Dinner: Pinakbet (Mixed Vegetables with Shrimp Paste) with steamed rice and boiled fish

Thursday

* Breakfast: Tortang Talong (Eggplant Omelette) with steamed rice and boiled egg
* Snack: Watermelon
* Lunch: Pork Sinigang (Pork Sour Soup) with steamed rice and boiled vegetables
* Snack: Saba (Boiled Plantain)
* Dinner: Nilagang Baka (Beef Soup) with steamed rice and boiled vegetables

Friday

* Breakfast: Puto (Rice Cake) with grated coconut and boiled egg
* Snack: Papaya
* Lunch: Tortang Giniling (Ground Pork Omelette) with steamed rice and boiled vegetables
* Snack: Kakanin (Sticky Rice Cake)
* Dinner: Tinolang Manok (Chicken Soup with Vegetables) with steamed rice and boiled egg

Saturday

* Breakfast: Lugaw (Rice Porridge) with boiled chicken and ginger
* Snack: Apple
* Lunch: Sinigang na Hipon (Shrimp Sour Soup) with steamed rice and boiled vegetables
* Snack: Kamote cue
* Dinner: Beef Kaldereta (Beef Stew) with steamed rice and boiled vegetables

Sunday

* Breakfast: Longganisa (Filipino Sausage) with garlic rice and fried egg
* Snack: Mango
* Lunch: Bistek Tagalog (Beef Steak) with steamed rice and boiled vegetables
* Snack: Banana cue
* Dinner: Pakbet (Mixed Vegetables with Fish) with steamed rice

2nd week

Day 1

* Breakfast: Scrambled eggs with malunggay leaves, brown rice, and a piece of banana
* Snack: Puto (steamed rice cake) and a glass of fresh milk
* Lunch: Tinolang Manok (chicken ginger soup) with sayote and malunggay leaves, brown rice, and a piece of apple
* Snack: Boiled sweet potato and a glass of fresh milk
* Dinner: Adobong sitaw at baboy (pork and string beans adobo) with brown rice and a slice of watermelon

Day 2

* Breakfast: Champorado (chocolate rice porridge) with evaporated milk, and a piece of banana
* Snack: Kakanin (Filipino rice cake) and a glass of fresh milk
* Lunch: Ginisang munggo (sauteed mung beans) with malunggay leaves, brown rice, and a piece of apple
* Snack: Banana cue (fried banana on a stick) and a glass of fresh milk
* Dinner: Pinakbet (mixed vegetables with bagoong) with brown rice and a slice of watermelon

Day 3

* Breakfast: Arroz caldo (rice porridge with chicken) with malunggay leaves, and a piece of banana
* Snack: Boiled corn and a glass of fresh milk
* Lunch: Sinigang na baboy (pork tamarind soup) with kangkong and brown rice, and a piece of apple
* Snack: Cassava cake and a glass of fresh milk
* Dinner: Inihaw na bangus (grilled milkfish) with ensaladang talong (grilled eggplant salad) and brown rice, and a slice of watermelon

Day 4

* Breakfast: Omelette with tomatoes, onions, and garlic, brown rice, and a piece of banana
* Snack: Bibingka (Filipino rice cake) and a glass of fresh milk
* Lunch: Beef nilaga (boiled beef soup) with malunggay leaves, brown rice, and a piece of apple
* Snack: Kamote cue (fried sweet potato on a stick) and a glass of fresh milk
* Dinner: Tortang talong (eggplant omelette) with brown rice and a slice of watermelon

Day 5

* Breakfast: Ginisang sardinas (sardines sauteed with onions and garlic) with brown rice, and a piece of banana
* Snack: Maja blanca (coconut pudding) and a glass of fresh milk
* Lunch: Sinangag na kanin (garlic fried rice) with chicken tocino and scrambled egg, and a piece of apple
* Snack: Boiled peanuts and a glass of fresh milk
* Dinner: Grilled chicken leg quarter with atchara (pickled papaya) and brown rice, and a slice of watermelon

Day 6

* Breakfast: Munggo at tuyo (mung beans and dried fish) with brown rice, and a piece of banana
* Snack: Turon (banana roll) and a glass of fresh milk
* Lunch: Pork menudo with brown rice, and a piece of apple
* Snack: Boiled saba banana and a glass of fresh milk
* Dinner: Bistek Tagalog (beef steak with onions) with brown rice and a slice of watermelon

Day 7

* Breakfast: Tapsilog (cured beef, garlic fried rice
* Snack - 1 banana and 1 slice of cheese
* Lunch - sinigang (Filipino sour soup) with fish, 1 cup of white rice
* Snack: fruit salad with all-purpose cream
* Dinner: ginisang monggo with malunggay and chicken, 1 cup of rice, 1 glass of milk

Remember to adjust portion sizes and calorie intake according to your individual needs and activity level. Also, make sure to incorporate a variety of foods from different food groups to ensure that you're getting all the necessary nutrients.

**Workout Plan**

Note: Before starting any new workout routine, it's important to consult with a healthcare professional or certified fitness trainer to ensure it's safe for you and your current physical condition.

Week 1:

Day 1: Upper Body Workout

1. Bench Press - 3 sets x 8-10 reps
2. Seated Dumbbell Shoulder Press - 3 sets x 8-10 reps
3. Seated Cable Rows - 3 sets x 8-10 reps
4. Bicep Curls - 3 sets x 8-10 reps

Day 2: Rest

Day 3: Lower Body Workout

1. Squats - 3 sets x 8-10 reps
2. Deadlifts - 3 sets x 8-10 reps
3. Lunges - 3 sets x 8-10 reps (per leg)
4. Calf Raises - 3 sets x 15-20 reps

Day 4: Rest

Day 5: Total Body Workout

1. Push-Ups - 3 sets x 8-10 reps
2. Pull-Ups (or assisted pull-ups) - 3 sets x 8-10 reps
3. Jump Squats - 3 sets x 8-10 reps
4. Burpees - 3 sets x 8-10 reps

Day 6: Rest

Day 7: Yoga

1. Sun Salutation A (5 rounds)
2. Chair Pose - hold for 30 seconds
3. Warrior I - hold for 30 seconds (per side)
4. Downward Dog - hold for 30 seconds
5. Child's Pose - hold for 30 seconds

Week 2:

Day 1: Upper Body Workout

1. Incline Bench Press - 3 sets x 8-10 reps
2. Seated Dumbbell Shoulder Press - 3 sets x 8-10 reps
3. Lat Pull-Downs - 3 sets x 8-10 reps
4. Hammer Curls - 3 sets x 8-10 reps

Day 2: Rest

Day 3: Lower Body Workout

1. Bulgarian Split Squats - 3 sets x 8-10 reps (per leg)
2. Romanian Deadlifts - 3 sets x 8-10 reps
3. Leg Press - 3 sets x 8-10 reps
4. Seated Calf Raises - 3 sets x 15-20 reps

Day 4: Rest

Day 5: Total Body Workout

1. Push-Ups - 3 sets x 8-10 reps
2. Pull-Ups (or assisted pull-ups) - 3 sets x 8-10 reps
3. Jump Lunges - 3 sets x 8-10 reps (per leg)
4. Box Jumps - 3 sets x 8-10 reps

Day 6: Rest

Day 7: Yoga

1. Sun Salutation B (5 rounds)
2. Chair Pose - hold for 30 seconds
3. Warrior II - hold for 30 seconds (per side)
4. Upward Dog - hold for 30 seconds
5. Pigeon Pose - hold for 30 seconds (per side)

Remember to increase the weights and repetitions gradually as you get stronger and more comfortable with the exercises. Also, make sure to incorporate rest days to allow your body to recover and avoid overtraining.

Normal weight:

BMI between 18.5 and 24.9

Individuals in this category have a BMI that is considered to be within the healthy range. People who maintain a healthy weight have a reduced risk of developing chronic diseases such as heart disease, diabetes, and some cancers. Maintaining a healthy weight is important for overall health and well-being.

Overweight:

BMI between 25 and 29.9

Individuals in this category have a BMI that is considered above the healthy range. Being overweight can be due to excess body fat, genetics, or a combination of both. Individuals who are overweight may be at increased risk for health problems such as high blood pressure, type 2 diabetes, and heart disease. Maintaining a healthy weight through regular physical activity and a balanced diet can reduce the risk of developing these health problems.

Obese:

BMI 30 or higher

Individuals in this category have a BMI that is considered to be in the obese range. Obesity is a serious health condition that is linked to a number of chronic diseases, including heart disease, stroke, type 2 diabetes, and some cancers. Obesity is caused by excess body fat, which can be due to genetic, environmental, and behavioral factors. Losing weight through a combination of healthy eating habits and physical activity is important for managing obesity and reducing the risk of developing related health problems.