**UNDERWEIGHT**

**Diet**

You scored «underweight». Time to bulk up!

You can easily gain weight by eating junk-food but that’s not to recommend, instead eat healthy calories and have mini-meals through out the day.

**3-day meal sample plan for weight gaining:**

Day 1:

* Breakfast: Oatmeal with honey, nuts, jam and berries.
* Mid-morning snack: Protein shake
* Lunch: Eggs, salmon, and bananas.
* Afternoon-snack: Yoghurt or cottage cheese with nuts/berries.
* Dinner: Chicken with sweet potato fries and sauce.

Day 2:

* Breakfast: Whole-grain waffles with jam and fruit
* Mid-morning snack: Yoghurt with nuts.
* Lunch: Whole-bread with peanut butter
* Afternoon-snack: Yoghurt or cottage cheese with nuts/berries.
* Dinner: Homemade lasagna with salad

Day 3:

* Breakfast: Oatmeal with honey etc.
* Mid-morning snack: Protein shake
* Lunch: Whole-bread with peanut butter.
* Afternoon-snack: Nuts
* Dinner: Homemade tomato soup with beans and eggs.

**Workout**

**If serious underweight you should consider gaining weight and not perform tough workouts.**

**HEALTHY**

**Diet**

You scored «healthy». This is the most desirable BMI and this means that you have less risk to develop serious health problems because you are maintaining a healthy weight. Continue what you’re doing but keep in mind that you should always eat healthy calories and have several meals through out the day, that keeps your system in balance.

**3-day meal plan sample for maintaining a healthy weight:**

Day 1:

* Breakfast: Oatmeal with low-fat jam
* Lunch: Turkey-wrap
* Afternoon-snack: Nuts or some low-fat yoghurt.
* Dinner: Chicken with sweet potato fries and sauce.

Day 2:

* Breakfast: Whole-bread with ham
* Lunch: Salad with beans
* Afternoon-snack: Baby carrots
* Dinner: Homemade lasagna with salad

Day 3:

* Breakfast: Oatmeal with honey etc.
* Lunch: Whole-bread with peanut butter.
* Afternoon-snack: Fruit salad
* Dinner: Homemade mashed potatoes and chicken

**Workout**

It’s always good to stay active and it’s also a positive outlet for frustration and tough times in life. If you want to maintain healthy (and keep your sanity) you should consider working 1-3 times every week.

**3-day workout sample plan for maintaining a healthy weight:**

Day 1:

* HIT (high intensity training). Do interval-running or weight lifting with lower kg and higher repetition. You should feel your heart racing and sweat running down your neck.

Day 2:

* Swimming/Pilates or do exercises on a mat with mini-bands and your bodyweight.

Day 3:

* Repeat day 1 or day 2 or do weight lifting with heavier weight and fewer reps to gain muscle strength.

If desirable, you can always repeat that type of exercise that you enjoy the most. If you’re not the weigh training type or a runner you can always do other activities like cycling, climbing, etc. The most important thing is to keep active, so you can maintain a healthy weight.

**OVERWEIGHT**

**Diet**

You scored «overweight». You might already be active and doing the right things for your health but if not, you might consider working out and eating healthier. To reach or maintain a healthy weight you should eat smaller meals of healthy calories throughout the day.

**3-day meal plan sample for maintaining a healthy weight:**

Day 1:

* Breakfast: Oatmeal with fresh or frozen fruit
* Lunch: Turkey-wrap with whole-grain fajita, preferably no dressing or low-fat dressing
* Afternoon-snack: Fruit or some low-fat yoghurt.
* Dinner: Chicken and lots of vegetables

Day 2:

* Breakfast: Whole-bread with ham
* Lunch: Salad with low-fat dressing or no dressing
* Afternoon-snack: Baby carrots
* Dinner: Salmon and vegetables

Day 3:

* Breakfast: Egg white omelet
* Lunch: Whole-bread tuna sandwich with low-fat dressing
* Afternoon-snack: Fruit salad
* Dinner: Veggie Burger with fresh salad

**Workout**

If you’re already working out, then continue what you are doing and keep eating healthy. If not, then you should consider starting.

**3-day workout sample plan for maintaining or reaching a healthy weight:**

Day 1:

* HIT (high intensity training). Do interval-running or weight lifting with lower kg and higher repetition. You should feel your heart racing and sweat running down your neck.

Day 2:

* HIT (high intensity training). Do interval-running or weight lifting with lower kg and higher repetition. You should feel your heart racing and sweat running down your neck.

Day 3:

* Weight lifting to build more muscle. Preferably as heavy weights you are comfortable with and 8-12 reps of each exercise.

If desirable, you can always repeat that type of exercise that you enjoy the most. If you’re not the weight lifting type or a runner you can always do other activities like cycling, climbing, etc. The most important thing is to keep active, so you can maintain a healthy body.