

Stages of Weight Gain: Heidi from “Fed Up”

Stage 0: Fit Heidi

Heidi Hill Collins: 5’5 roughly 125lbs, loves cooking, watching sports, running and going to the beach on vacation. She is short-tempered. She’s also a perfectionist, neat freak, and overachiever. Is bothered her husband has let himself go. She decides that, maybe, if she starts gaining weight, she can blackmail him to go back to the gym... She starts pigging out and stuffing herself silly in front of him, telling him that she won't stop until he gets back in shape. He thinks it is a bluff. Heidi fattens herself to humiliate her husband into losing weight, embarrassing him in social situations (and herself).

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HEY MOM,
WHERE'S THE
BOTTLE OPEN...



CAUGHT YOU READ
HANDED!!!
GIVE ME THE COOKIE!



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Stage 1: A little thicker.

The first 10-15 pounds gained, Heidi would be between 135lbs and 140lbs.

Now I'm thinking that at first, much to Heidi's irritation, the weight she starts gaining goes to the 'right places' such as her breasts and butt (and maybe a bit to her tummy) but overwhelmingly Keith enjoys it. This pushes Heidi to try and gain more so her husband will not enjoy it. So, 'the quest' in this first stage of weight gain is Heidi trying to gain to essentially blackmail her husband into losing weight, and the first 'surprise' is that Keith likes her initial weight gain.

In stage 1 in most stories usually the gain is not too noticeable, Heidi would notice since she is trying to gain, and Keith could notice, but it's unlikely Heidi would get a ton of social commentary at this point.

Since Heidi is trying to gain, but has never put on weight before, I think at first it would make sense if she continues running, going to yoga, and playing tennis with her friends, but she tries to eat a lot more at meals and perhaps starts eating a pint of ice cream every night before she goes to sleep.

So, I'm thinking with these factors in mind it would take Heidi perhaps a few weeks to put on 10-15 pounds. So maybe somewhere around new years or mid-January.

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Stage 2: Starting to look soft and pudgy in places.

Another 10-15 pounds gained, Heidi would be between 150lbs and 155lbs

Since Keith liked her initial gain, Heidi tries to make some changes so he won't like it as much. Maybe Heidi gets it in her head that she wants a muffin-top. She'd probably cut out the cardio, so no more running, but still do her yoga classes three days a week and tennis with her friends on the weekends. I imagine she might start including more junk food into her diet, and maybe even some more drinking when she is out with her husband.

Now that her gain is more noticeable, her tennis friends would probably notice, she's gone up maybe 2-3 dress sizes so far, her scrubs are probably getting tight, so people at work might notice. These first signs of people commenting on her gain Heidi might see as a good thing, because she's fattening up. Keith certainly notices she's gotten a bit softer and pudgier and probably begins to suspect something. Maybe he calls her out for her plan, suggesting that he's not going to pester her about her weight like she always did to him. Heidi can take this call-out as a challenge and decide to really test her husband's resolve.

In terms of a timeline, I see Heidi reaching this stage, probably two months after her first stage of weight gain, so maybe in terms of the story we are in early-mid march.

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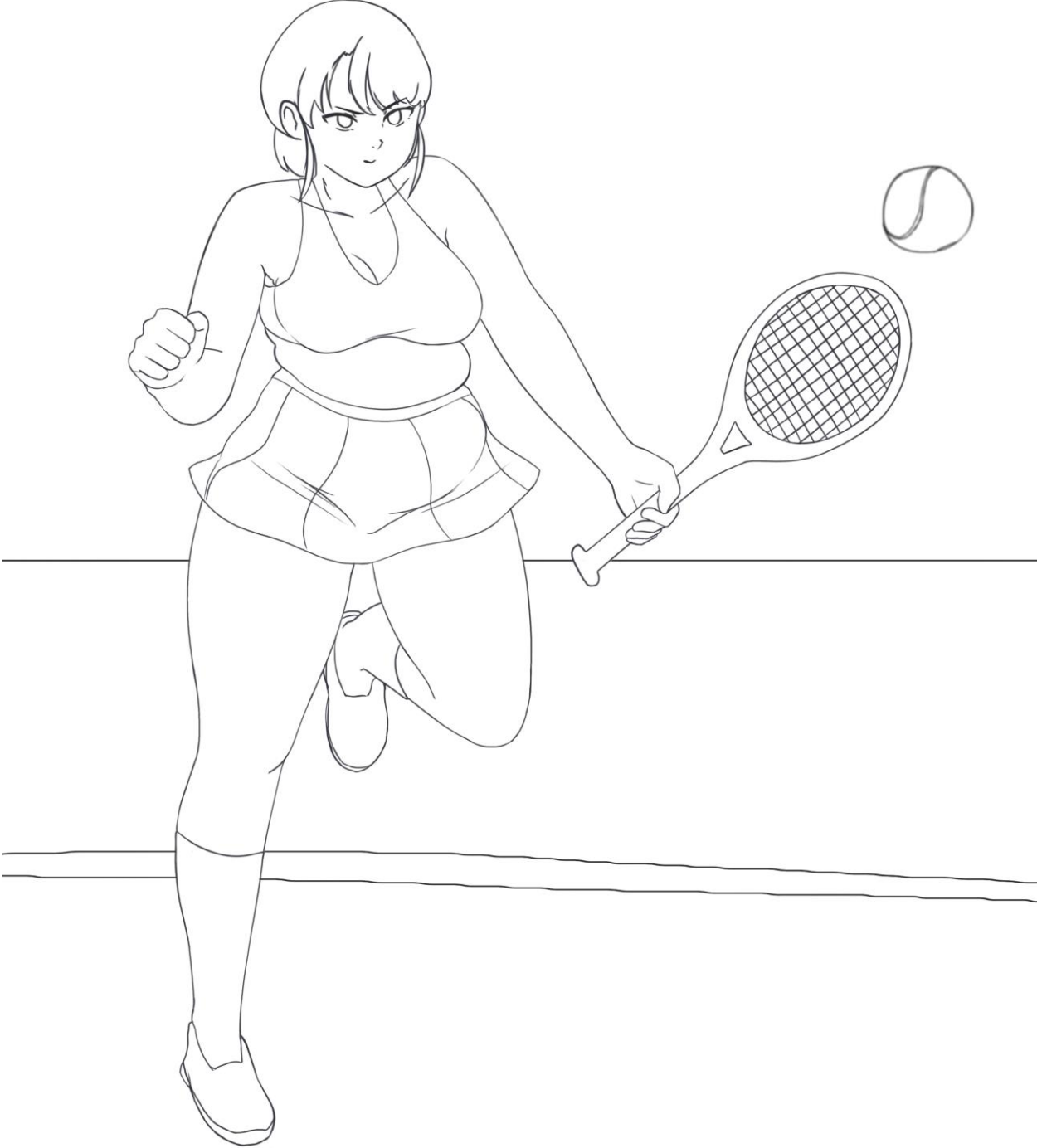
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Stage 3: Pudgy/chubby.

Heidi puts on 15-20lbs. Her weight is between 170-175lbs.

Now that Keith and Heidi both know the game that’s afoot, Heidi does her best to rub her gain in her husband’s face, maybe she wears tight clothes to social events that he brings her too, or starts making it a point to overeat in front of him. They could attend Kelsey’s graduation party so her family could comment on her gain, they could attend a barbeque with friends, maybe a pool party where Heidi wears a skimpy bikini and eats a ton to embarrass Keith. Maybe Since Keeley is graduating from high school and going to college and can’t help out at her mother’s bakery next year, Marianne asks Heidi to fill in starting in September. I like the idea of Heidi being her mother’s new taste tester.

Maybe Keith, thinking that Heidi will cave before he does, actually starts daring her to eat more.

Either way, at this stage Heidi should start to really feel the effects of her gain and her loss of fitness. Yoga should be increasingly more of a struggle for her, maybe she had trouble keeping up with the rest of the class, and the instructor can recommend her for the maternity class only for Heidi to reveal she’s not pregnant.

Heidi is probably the worst tennis player among her friends now because of her reduced stamina and coordination.

Heidi has probably had to order larger scrubs at work and start wearing and purchasing larger clothing sizes, maybe a shopping scene would be good here. Maybe to increase her gain she starts getting fast food before and after work, maybe at work she is always hitting up the vending machine.

In terms of a timeline, I think Heidi could hit this stage around the time summer starts, so maybe mid to end of may, early June.

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HAVING TROUBLE?



YEAH COULD YOU DO ME UP? THE ZIPPER DOESN'T WANT TO BUDGE FOR ME.

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Stage 4: overweight/fat.

20-30 pounds gained. Heidi now weighs right around 200-205lbs

Vacations, traveling, parties, clubs, beaches, etc. Heidi has pushed herself into the place where most would consider her overweight/fat. If people didn't think she should lose weight before, by the end of the summer they definitely will now. I think at this point Heidi is having less fun with her gain. She's got low energy, maybe her tennis friends have replaced her with someone who is fitter and can play better. Her job is a lot more exhausting with the extra weight. People start to point out her weight, maybe tease her behind her back. Around this time maybe Heidi gives up on yoga.

However, she continues her fattening journey because she can tell her husband Keith is beginning to find her gain unattractive. They are having less sex, when they do, it is with the lights off. They are still in love, but she feels she is about to win and force her husband to lose weight, in exchange for her losing weight.

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I'm so out
of shape...
Even Abby left
me in her dust...



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Stage 5: FAT.

20-30 more pounds gained. Heidi is 220-230lbs. She’s almost 100 pounds heavier since she started her wg journey.

Heidi doesn’t exercise anymore, her eating habits are poor, she starts helping out her mother at the bakery and starts blowing up. Her BMI is now equal to Keith’s and he’s had enough.

Perhaps a year to the day, on thanksgiving or something like that, Keith admits he misses his sexy thin wife and wants her to lose weight. Heidi informs him that he has to lose weight first and Keith concedes. Now Keith fully understands how Heidi was feeling about his weight gain. Heidi however, vows to stop trying to put on weight.

I imagine Heidi reaches this stage by the end of the summer, so end of august, early September.

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Stage 6: Fatter.

Instead of losing weight, as Keith grows fitter, Heidi packs on the pounds he loses. She arrives near the 300-pound mark.

Heidi can't believe she is unable to lose weight, she is really struggling, and now understands how Keith must have felt. She eventually breaks down and apologizes for her stupid scheme and vows to get back in shape somehow, however, maybe now seeing his wife in a submissive vulnerable position, Keith has actually gotten used to a heavier partner and accepts her the way she is now. Although he wants her to exercise with him regularly and start making healthier choices.

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Stage 7: ???