

Forum:[Hack Forums](#)

Thread: [Help me make sense of my morning weigh ins? \[BULKING\]](#)

Gokus_Dog - September 9, 2015, 8:47 pm

So small background, I'm 6 foot 3, around ~164 lbs currently and bulking on 3,000 calories a day, IIFYM calculator determined that I should bulk on ~3,000.

Sept 1: 158.4

Sept 2: 159.8 or 160.2 (Kept getting mixed readings and both numbers kept repeating themselves)

Sept 3: 159.2 or 159.4 (Same thing)

Sept 4: 161.4

Sept 5: 162.2 or 162.4

Sept 6: 163.4

Sept 7: 164.2

Sept 8: 162.6

Sept 9: 163.8

I've also been taking 5g of creatine a day so I'm assuming the sudden weight gain is water weight from the initial saturation of creatine. Do you guys think I should continue bulking on 3,000 or up it a little more? Personally I think it's too soon to tell from numbers alone due to water weight which is why I came here for advice.

UNDERWIRE - September 9, 2015, 9:02 pm

Yeah, gaining 4-5lb on creatine is pretty normal. You're also probably holding a little more glycogen with the calorie surplus, and that leads to more intracellular water retention. A high sodium diet will make you hold more subcutaneous water.

Gokus_Dog - September 11, 2015, 8:18 am

(Sep 9, 2015 09:02 PM)UNDERWIRE Wrote: [\[CITE\]](#) Yeah, gaining 4-5lb on creatine is pretty normal. You're also probably holding a little more glycogen with the calorie surplus, and that leads to more intracellular water retention. A high sodium diet will make you hold more subcutaneous water.

Sorry for the late reply, yeah I figured that the creatine was what would cause the steady pound every morning until about two weeks in when I reached ~100% saturation. Do you think it's too early to tell if I need to up my caloric surplus or not?

Ramisme - September 11, 2015, 9:33 am

Give it a couple weeks to even out. Trending upwards is a good sign, though.

shreder - September 11, 2015, 11:15 am

3000? Thats how much I'm eating at 140.

ZYZZ BRAHHH - September 11, 2015, 2:06 pm

(Sep 11, 2015 11:15 AM)shreder Wrote: [\[CITE\]](#) 3000? Thats how much I'm eating at 140.

Lol exercise level varies from person to person.

Gokus_Dog - September 11, 2015, 6:33 pm

(Sep 11, 2015 11:15 AM)shreder Wrote: [\[CITE\]](#) 3000? Thats how much I'm eating at 140.

Im 6 foot 3 and I weighed 155 when I first started, I only work out 3 times a week and I have a job where I stand all day, I did the math and ~3000 is about right

