

# Weight Difference

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You gain weight unrelated to diet and exercise. After every adventure or major campaign arc, you must succeed on a DC 8 + (IE) Constitution saving throw. On failure, your weight has increased by  $IE \times 2d6$  percent. On success, your weight has decreased by  $IE \times 1d4$  percent. For every fifty percent increase, you have a -1 penalty on Dexterity (Acrobatics) and Strength (Athletics) checks. For every ten percent decrease, you experience Temperature Sensitivity for 3d20 days as your body acclimates itself and must succeed on a DC 8 + (IE) Constitution saving throw or experience [Fatigue](#) until you succeed on the saving throw, which you can attempt daily after a long rest. You have a +(IE) bonus to Strength (Athletics) checks for swimming.

## Real-world Examples

Hypothyroidism, Depression, Insomnia, Menopause, Cushing's Disease, Polycystic Ovarian Syndrome, Congestive Heart Failure, Sleep Apnea, Edema, Diabetes, Down Syndrome

## Assistive Options

Because this gain is unrelated to diet and exercise, little can be done besides acceptance.