

Weight Loss Plan

NWCA Wrestling Weight Certification

Brysen Ealy - Henry Ford College

⚠ This is not based on the active assessment and is not the official weight loss plan.

📊 Initial weight: **152.6 lbs** 📅 Weight loss per week: **2.30 lbs** Minimum weight class: **149**

Minimum weight: **145.13**

Date		Actual Eligible Weight	Eligible Weight Class	Actual Weight
10/06/2025	Initial Assessment	152.60	157	152.60
10/07/2025	Day 1	152.27	157	
10/08/2025	Day 2	151.94	157	
10/09/2025	Day 3	151.61	157	
10/10/2025	Day 4	151.28	157	
10/11/2025	Day 5	150.96	157	
10/12/2025	Day 6	150.63	157	
10/13/2025	Day 7	150.30	157	
10/14/2025	Day 8	149.97	157	
10/15/2025	Day 9	149.64	157	
10/16/2025	Day 10	149.31	157	
10/17/2025	Day 11	148.98	149	
10/18/2025	Day 12	148.65	149	
10/19/2025	Day 13	148.32	149	
10/20/2025	Day 14	147.99	149	
10/21/2025	Day 15	147.66	149	
10/22/2025	Day 16	147.34	149	
10/23/2025	Day 17	147.01	149	
10/24/2025	Day 18	146.68	149	
10/25/2025	Day 19	146.35	149	
10/26/2025	Day 20	146.02	149	
10/27/2025	Day 21	145.69	149	
10/28/2025	Day 22	145.36	149	
10/29/2025	Day 23	145.13	149	
10/30/2025	Day 24	145.13	149	

10/31/2025	Day 25	145.13	149	
11/01/2025	Day 26	145.13	149	
11/02/2025	Day 27	145.13	149	
11/03/2025	Day 28	145.13	149	
11/04/2025	Day 29	145.13	149	
11/05/2025	Day 30	145.13	149	
11/06/2025	Day 31	145.13	149	
11/07/2025	Day 32	145.13	149	
11/08/2025	Day 33	145.13	149	
11/09/2025	Day 34	145.13	149	
11/10/2025	Day 35	145.13	149	
11/11/2025	Day 36	145.13	149	
11/12/2025	Day 37	145.13	149	
11/13/2025	Day 38	145.13	149	
11/14/2025	Day 39	145.13	149	
11/15/2025	Day 40	145.13	149	
11/16/2025	Day 41	145.13	149	
11/17/2025	Day 42	145.13	149	
11/18/2025	Day 43	145.13	149	
11/19/2025	Day 44	145.13	149	
11/20/2025	Day 45	145.13	149	
11/21/2025	Day 46	145.13	149	
11/22/2025	Day 47	145.13	149	
11/23/2025	Day 48	145.13	149	
11/24/2025	Day 49	145.13	149	
11/25/2025	Day 50	145.13	149	
11/26/2025	Day 51	145.13	149	
11/27/2025	Day 52	145.13	149	
11/28/2025	Day 53	145.13	149	
11/29/2025	Day 54	145.13	149	
11/30/2025	Day 55	145.13	149	
12/01/2025	Day 56	145.13	149	
12/02/2025	Day 57	145.13	149	

12/03/2025	Day 58	145.13	149	
12/04/2025	Day 59	145.13	149	
12/05/2025	Day 60	145.13	149	
12/06/2025	Day 61	145.13	149	
12/07/2025	Day 62	145.13	149	
12/08/2025	Day 63	145.13	149	
12/09/2025	Day 64	145.13	149	
12/10/2025	Day 65	145.13	149	
12/11/2025	Day 66	145.13	149	
12/12/2025	Day 67	145.13	149	
12/13/2025	Day 68	145.13	149	
12/14/2025	Day 69	145.13	149	
12/15/2025	Day 70	145.13	149	
12/16/2025	Day 71	145.13	149	
12/17/2025	Day 72	145.13	149	
12/18/2025	Day 73	145.13	149	
12/19/2025	Day 74	145.13	149	
12/20/2025	Day 75	145.13	149	
12/21/2025	Day 76	145.13	149	
12/22/2025	Day 77	145.13	149	
12/23/2025	Day 78	145.13	149	
12/24/2025	Day 79	145.13	149	
12/25/2025	Day 80	145.13	149	
12/26/2025	Day 81	145.13	149	
12/27/2025	Day 82	145.13	149	
12/28/2025	Day 83	145.13	149	
12/29/2025	Day 84	145.13	149	
12/30/2025	Day 85	145.13	149	
12/31/2025	Day 86	145.13	149	
01/01/2026	Day 87	145.13	149	
01/02/2026	Day 88	145.13	149	
01/03/2026	Day 89	145.13	149	
01/04/2026	Day 90	145.13	149	

01/05/2026	Day 91	145.13	149	
01/06/2026	Day 92	145.13	149	
01/07/2026	Day 93	145.13	149	
01/08/2026	Day 94	145.13	149	
01/09/2026	Day 95	145.13	149	
01/10/2026	Day 96	145.13	149	
01/11/2026	Day 97	145.13	149	
01/12/2026	Day 98	145.13	149	
01/13/2026	Day 99	145.13	149	
01/14/2026	Day 100	145.13	149	
01/15/2026	Day 101	145.13	149	
01/16/2026	Day 102	145.13	149	
01/17/2026	Day 103	145.13	149	
01/18/2026	Day 104	145.13	149	
01/19/2026	Day 105	145.13	149	
01/20/2026	Day 106	145.13	149	
01/21/2026	Day 107	145.13	149	
01/22/2026	Day 108	145.13	149	
01/23/2026	Day 109	145.13	149	
01/24/2026	Day 110	145.13	149	
01/25/2026	Day 111	145.13	149	
01/26/2026	Day 112	145.13	149	
01/27/2026	Day 113	145.13	149	
01/28/2026	Day 114	145.13	149	
01/29/2026	Day 115	145.13	149	
01/30/2026	Day 116	145.13	149	
01/31/2026	Day 117	145.13	149	
02/01/2026	Day 118	145.13	149	
02/02/2026	Day 119	145.13	149	
02/03/2026	Day 120	145.13	149	
02/04/2026	Day 121	145.13	149	
02/05/2026	Day 122	145.13	149	
02/06/2026	Day 123	145.13	149	

02/07/2026	Day 124	145.13	149	
02/08/2026	Day 125	145.13	149	
02/09/2026	Day 126	145.13	149	
02/10/2026	Day 127	145.13	149	
02/11/2026	Day 128	145.13	149	
02/12/2026	Day 129	145.13	149	
02/13/2026	Day 130	145.13	149	
02/14/2026	Day 131	145.13	149	
02/15/2026	Day 132	145.13	149	
02/16/2026	Day 133	145.13	149	
02/17/2026	Day 134	145.13	149	
02/18/2026	Day 135	145.13	149	
02/19/2026	Day 136	145.13	149	
02/20/2026	Day 137	145.13	149	
02/21/2026	Day 138	145.13	149	
02/22/2026	Day 139	145.13	149	
02/23/2026	Day 140	145.13	149	
02/24/2026	Day 141	145.13	149	
02/25/2026	Day 142	145.13	149	
02/26/2026	Day 143	145.13	149	
02/27/2026	Day 144	145.13	149	
02/28/2026	Day 145	145.13	149	
03/01/2026	Day 146	145.13	149	
03/02/2026	Day 147	145.13	149	
03/03/2026	Day 148	145.13	149	
03/04/2026	Day 149	145.13	149	
03/05/2026	Day 150	145.13	149	
03/06/2026	Day 151	145.13	149	
03/07/2026	Day 152	145.13	149	
03/08/2026	Day 153	145.13	149	
03/09/2026	Day 154	145.13	149	
03/10/2026	Day 155	145.13	149	
03/11/2026	Day 156	145.13	149	

03/12/2026	Day 157	145.13	149	
03/13/2026	Day 158	145.13	149	
03/14/2026	Day 159	145.13	149	
03/15/2026	Day 160	145.13	149	
03/16/2026	Day 161	145.13	149	
03/17/2026	Day 162	145.13	149	
03/18/2026	Day 163	145.13	149	
03/19/2026	Day 164	145.13	149	
03/20/2026	Day 165	145.13	149	
03/21/2026	Day 166	145.13	149	
03/22/2026	Day 167	145.13	149	
03/23/2026	Day 168	145.13	149	
03/24/2026	Day 169	145.13	149	
Minimum wrestling weight locked				
03/25/2026	Day 170	145.13	149	