

Weight Loss Plan

NWCA Wrestling Weight Certification

Calvin Throop - Henry Ford College

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

📊 Initial weight: **169.6 lbs** 📅 Weight loss per week: **2.50 lbs** Minimum weight class: **149**

Minimum weight: **145.73**

Date		Actual Eligible Weight	Eligible Weight Class	Actual Weight
10/06/2025	Initial Assessment	169.60	174	169.60
10/07/2025	Day 1	169.24	174	
10/08/2025	Day 2	168.89	174	
10/09/2025	Day 3	168.53	174	
10/10/2025	Day 4	168.17	174	
10/11/2025	Day 5	167.81	174	
10/12/2025	Day 6	167.46	174	
10/13/2025	Day 7	167.10	174	
10/14/2025	Day 8	166.74	174	
10/15/2025	Day 9	166.39	174	
10/16/2025	Day 10	166.03	174	
10/17/2025	Day 11	165.67	174	
10/18/2025	Day 12	165.32	174	
10/19/2025	Day 13	164.96	165	
10/20/2025	Day 14	164.60	165	
10/21/2025	Day 15	164.25	165	
10/22/2025	Day 16	163.89	165	
10/23/2025	Day 17	163.53	165	
10/24/2025	Day 18	163.17	165	
10/25/2025	Day 19	162.82	165	
10/26/2025	Day 20	162.46	165	
10/27/2025	Day 21	162.10	165	
10/28/2025	Day 22	161.75	165	
10/29/2025	Day 23	161.39	165	
10/30/2025	Day 24	161.03	165	

10/31/2025	Day 25	160.68	165	
11/01/2025	Day 26	160.32	165	
11/02/2025	Day 27	159.96	165	
11/03/2025	Day 28	159.60	165	
11/04/2025	Day 29	159.25	165	
11/05/2025	Day 30	158.89	165	
11/06/2025	Day 31	158.53	165	
11/07/2025	Day 32	158.18	165	
11/08/2025	Day 33	157.82	165	
11/09/2025	Day 34	157.46	165	
11/10/2025	Day 35	157.10	165	
11/11/2025	Day 36	156.75	157	
11/12/2025	Day 37	156.39	157	
11/13/2025	Day 38	156.03	157	
11/14/2025	Day 39	155.68	157	
11/15/2025	Day 40	155.32	157	
11/16/2025	Day 41	154.96	157	
11/17/2025	Day 42	154.61	157	
11/18/2025	Day 43	154.25	157	
11/19/2025	Day 44	153.89	157	
11/20/2025	Day 45	153.53	157	
11/21/2025	Day 46	153.18	157	
11/22/2025	Day 47	152.82	157	
11/23/2025	Day 48	152.46	157	
11/24/2025	Day 49	152.11	157	
11/25/2025	Day 50	151.75	157	
11/26/2025	Day 51	151.39	157	
11/27/2025	Day 52	151.04	157	
11/28/2025	Day 53	150.68	157	
11/29/2025	Day 54	150.32	157	
11/30/2025	Day 55	149.97	157	
12/01/2025	Day 56	149.61	157	
12/02/2025	Day 57	149.25	157	

12/03/2025	Day 58	148.89	149	
12/04/2025	Day 59	148.54	149	
12/05/2025	Day 60	148.18	149	
12/06/2025	Day 61	147.82	149	
12/07/2025	Day 62	147.47	149	
12/08/2025	Day 63	147.11	149	
12/09/2025	Day 64	146.75	149	
12/10/2025	Day 65	146.40	149	
12/11/2025	Day 66	146.04	149	
12/12/2025	Day 67	145.73	149	
12/13/2025	Day 68	145.73	149	
12/14/2025	Day 69	145.73	149	
12/15/2025	Day 70	145.73	149	
12/16/2025	Day 71	145.73	149	
12/17/2025	Day 72	145.73	149	
12/18/2025	Day 73	145.73	149	
12/19/2025	Day 74	145.73	149	
12/20/2025	Day 75	145.73	149	
12/21/2025	Day 76	145.73	149	
12/22/2025	Day 77	145.73	149	
12/23/2025	Day 78	145.73	149	
12/24/2025	Day 79	145.73	149	
12/25/2025	Day 80	145.73	149	
12/26/2025	Day 81	145.73	149	
12/27/2025	Day 82	145.73	149	
12/28/2025	Day 83	145.73	149	
12/29/2025	Day 84	145.73	149	
12/30/2025	Day 85	145.73	149	
12/31/2025	Day 86	145.73	149	
01/01/2026	Day 87	145.73	149	
01/02/2026	Day 88	145.73	149	
01/03/2026	Day 89	145.73	149	
01/04/2026	Day 90	145.73	149	

01/05/2026	Day 91	145.73	149	
01/06/2026	Day 92	145.73	149	
01/07/2026	Day 93	145.73	149	
01/08/2026	Day 94	145.73	149	
01/09/2026	Day 95	145.73	149	
01/10/2026	Day 96	145.73	149	
01/11/2026	Day 97	145.73	149	
01/12/2026	Day 98	145.73	149	
01/13/2026	Day 99	145.73	149	
01/14/2026	Day 100	145.73	149	
01/15/2026	Day 101	145.73	149	
01/16/2026	Day 102	145.73	149	
01/17/2026	Day 103	145.73	149	
01/18/2026	Day 104	145.73	149	
01/19/2026	Day 105	145.73	149	
01/20/2026	Day 106	145.73	149	
01/21/2026	Day 107	145.73	149	
01/22/2026	Day 108	145.73	149	
01/23/2026	Day 109	145.73	149	
01/24/2026	Day 110	145.73	149	
01/25/2026	Day 111	145.73	149	
01/26/2026	Day 112	145.73	149	
01/27/2026	Day 113	145.73	149	
01/28/2026	Day 114	145.73	149	
01/29/2026	Day 115	145.73	149	
01/30/2026	Day 116	145.73	149	
01/31/2026	Day 117	145.73	149	
02/01/2026	Day 118	145.73	149	
02/02/2026	Day 119	145.73	149	
02/03/2026	Day 120	145.73	149	
02/04/2026	Day 121	145.73	149	
02/05/2026	Day 122	145.73	149	
02/06/2026	Day 123	145.73	149	

02/07/2026	Day 124	145.73	149	
02/08/2026	Day 125	145.73	149	
02/09/2026	Day 126	145.73	149	
02/10/2026	Day 127	145.73	149	
02/11/2026	Day 128	145.73	149	
02/12/2026	Day 129	145.73	149	
02/13/2026	Day 130	145.73	149	
02/14/2026	Day 131	145.73	149	
02/15/2026	Day 132	145.73	149	
02/16/2026	Day 133	145.73	149	
02/17/2026	Day 134	145.73	149	
02/18/2026	Day 135	145.73	149	
02/19/2026	Day 136	145.73	149	
02/20/2026	Day 137	145.73	149	
02/21/2026	Day 138	145.73	149	
02/22/2026	Day 139	145.73	149	
02/23/2026	Day 140	145.73	149	
02/24/2026	Day 141	145.73	149	
02/25/2026	Day 142	145.73	149	
02/26/2026	Day 143	145.73	149	
02/27/2026	Day 144	145.73	149	
02/28/2026	Day 145	145.73	149	
03/01/2026	Day 146	145.73	149	
03/02/2026	Day 147	145.73	149	
03/03/2026	Day 148	145.73	149	
03/04/2026	Day 149	145.73	149	
03/05/2026	Day 150	145.73	149	
03/06/2026	Day 151	145.73	149	
03/07/2026	Day 152	145.73	149	
03/08/2026	Day 153	145.73	149	
03/09/2026	Day 154	145.73	149	
03/10/2026	Day 155	145.73	149	
03/11/2026	Day 156	145.73	149	

03/12/2026	Day 157	145.73	149	
03/13/2026	Day 158	145.73	149	
03/14/2026	Day 159	145.73	149	
03/15/2026	Day 160	145.73	149	
03/16/2026	Day 161	145.73	149	
03/17/2026	Day 162	145.73	149	
03/18/2026	Day 163	145.73	149	
03/19/2026	Day 164	145.73	149	
03/20/2026	Day 165	145.73	149	
03/21/2026	Day 166	145.73	149	
03/22/2026	Day 167	145.73	149	
03/23/2026	Day 168	145.73	149	
03/24/2026	Day 169	145.73	149	
Minimum wrestling weight locked				
03/25/2026	Day 170	145.73	149	