


# Weight Loss Plan

NWCA Wrestling Weight Certification

**Cedric Jackson - Henry Ford College**

 Initial weight: **197.3 lbs**     Weight loss per week: **3.00 lbs**    Minimum weight class: **157**

Minimum weight: **154.29**

Date		Actual Eligible Weight	Eligible Weight Class	Actual Weight
10/16/2025	Initial Assessment	197.30	285	197.30
10/17/2025	Day 1	196.87	197	
10/18/2025	Day 2	196.44	197	
10/19/2025	Day 3	196.01	197	
10/20/2025	Day 4	195.58	197	
10/21/2025	Day 5	195.16	197	
10/22/2025	Day 6	194.73	197	
10/23/2025	Day 7	194.30	197	
10/24/2025	Day 8	193.87	197	
10/25/2025	Day 9	193.44	197	
10/26/2025	Day 10	193.01	197	
10/27/2025	Day 11	192.58	197	
10/28/2025	Day 12	192.15	197	
10/29/2025	Day 13	191.72	197	
10/30/2025	Day 14	191.29	197	
10/31/2025	Day 15	190.87	197	
11/01/2025	Day 16	190.44	197	
11/02/2025	Day 17	190.01	197	
11/03/2025	Day 18	189.58	197	
11/04/2025	Day 19	189.15	197	
11/05/2025	Day 20	188.72	197	
11/06/2025	Day 21	188.29	197	
11/07/2025	Day 22	187.86	197	
11/08/2025	Day 23	187.43	197	
11/09/2025	Day 24	187.00	197	
11/10/2025	Day 25	186.57	197	

11/11/2025	Day 26	186.15	197	
11/12/2025	Day 27	185.72	197	
11/13/2025	Day 28	185.29	197	
11/14/2025	Day 29	184.86	197	
11/15/2025	Day 30	184.43	197	
11/16/2025	Day 31	184.00	184	
11/17/2025	Day 32	183.57	184	
11/18/2025	Day 33	183.14	184	
11/19/2025	Day 34	182.71	184	
11/20/2025	Day 35	182.28	184	
11/21/2025	Day 36	181.86	184	
11/22/2025	Day 37	181.43	184	
11/23/2025	Day 38	181.00	184	
11/24/2025	Day 39	180.57	184	
11/25/2025	Day 40	180.14	184	
11/26/2025	Day 41	179.71	184	
11/27/2025	Day 42	179.28	184	
11/28/2025	Day 43	178.85	184	
11/29/2025	Day 44	178.42	184	
11/30/2025	Day 45	178.00	184	
12/01/2025	Day 46	177.57	184	
12/02/2025	Day 47	177.14	184	
12/03/2025	Day 48	176.71	184	
12/04/2025	Day 49	176.28	184	
12/05/2025	Day 50	175.85	184	
12/06/2025	Day 51	175.42	184	
12/07/2025	Day 52	174.99	184	
12/08/2025	Day 53	174.56	184	
12/09/2025	Day 54	174.13	184	
12/10/2025	Day 55	173.71	174	
12/11/2025	Day 56	173.28	174	
12/12/2025	Day 57	172.85	174	
12/13/2025	Day 58	172.42	174	

12/14/2025	Day 59	171.99	174	
12/15/2025	Day 60	171.56	174	
12/16/2025	Day 61	171.13	174	
12/17/2025	Day 62	170.70	174	
12/18/2025	Day 63	170.27	174	
12/19/2025	Day 64	169.84	174	
12/20/2025	Day 65	169.41	174	
12/21/2025	Day 66	168.99	174	
12/22/2025	Day 67	168.56	174	
12/23/2025	Day 68	168.13	174	
12/24/2025	Day 69	167.70	174	
12/25/2025	Day 70	167.27	174	
12/26/2025	Day 71	166.84	174	
12/27/2025	Day 72	166.41	174	
12/28/2025	Day 73	165.98	174	
12/29/2025	Day 74	165.55	174	
12/30/2025	Day 75	165.13	174	
12/31/2025	Day 76	164.70	165	
01/01/2026	Day 77	164.27	165	
01/02/2026	Day 78	163.84	165	
01/03/2026	Day 79	163.41	165	
01/04/2026	Day 80	162.98	165	
01/05/2026	Day 81	162.55	165	
01/06/2026	Day 82	162.12	165	
01/07/2026	Day 83	161.69	165	
01/08/2026	Day 84	161.26	165	
01/09/2026	Day 85	160.84	165	
01/10/2026	Day 86	160.41	165	
01/11/2026	Day 87	159.98	165	
01/12/2026	Day 88	159.55	165	
01/13/2026	Day 89	159.12	165	
01/14/2026	Day 90	158.69	165	
01/15/2026	Day 91	158.26	165	

01/16/2026	Day 92	157.83	165	
01/17/2026	Day 93	157.40	165	
01/18/2026	Day 94	156.97	157	
01/19/2026	Day 95	156.54	157	
01/20/2026	Day 96	156.12	157	
01/21/2026	Day 97	155.69	157	
01/22/2026	Day 98	155.26	157	
01/23/2026	Day 99	154.83	157	
01/24/2026	Day 100	154.40	157	
01/25/2026	Day 101	154.29	157	
01/26/2026	Day 102	154.29	157	
01/27/2026	Day 103	154.29	157	
01/28/2026	Day 104	154.29	157	
01/29/2026	Day 105	154.29	157	
01/30/2026	Day 106	154.29	157	
01/31/2026	Day 107	154.29	157	
02/01/2026	Day 108	154.29	157	
02/02/2026	Day 109	154.29	157	
02/03/2026	Day 110	154.29	157	
02/04/2026	Day 111	154.29	157	
02/05/2026	Day 112	154.29	157	
02/06/2026	Day 113	154.29	157	
02/07/2026	Day 114	154.29	157	
02/08/2026	Day 115	154.29	157	
02/09/2026	Day 116	154.29	157	
02/10/2026	Day 117	154.29	157	
02/11/2026	Day 118	154.29	157	
02/12/2026	Day 119	154.29	157	
02/13/2026	Day 120	154.29	157	
02/14/2026	Day 121	154.29	157	
02/15/2026	Day 122	154.29	157	
02/16/2026	Day 123	154.29	157	
02/17/2026	Day 124	154.29	157	

02/18/2026	Day 125	154.29	157	
02/19/2026	Day 126	154.29	157	
02/20/2026	Day 127	154.29	157	
02/21/2026	Day 128	154.29	157	
02/22/2026	Day 129	154.29	157	
02/23/2026	Day 130	154.29	157	
02/24/2026	Day 131	154.29	157	
02/25/2026	Day 132	154.29	157	
02/26/2026	Day 133	154.29	157	
02/27/2026	Day 134	154.29	157	
02/28/2026	Day 135	154.29	157	
03/01/2026	Day 136	154.29	157	
03/02/2026	Day 137	154.29	157	
03/03/2026	Day 138	154.29	157	
03/04/2026	Day 139	154.29	157	
03/05/2026	Day 140	154.29	157	
03/06/2026	Day 141	154.29	157	
03/07/2026	Day 142	154.29	157	
03/08/2026	Day 143	154.29	157	
03/09/2026	Day 144	154.29	157	
03/10/2026	Day 145	154.29	157	
03/11/2026	Day 146	154.29	157	
03/12/2026	Day 147	154.29	157	
03/13/2026	Day 148	154.29	157	
03/14/2026	Day 149	154.29	157	
03/15/2026	Day 150	154.29	157	
03/16/2026	Day 151	154.29	157	
03/17/2026	Day 152	154.29	157	
03/18/2026	Day 153	154.29	157	
03/19/2026	Day 154	154.29	157	
03/20/2026	Day 155	154.29	157	
03/21/2026	Day 156	154.29	157	
03/22/2026	Day 157	154.29	157	

03/23/2026	Day 158	154.29	157	
03/24/2026	Day 159	154.29	157	
Minimum wrestling weight locked				
03/25/2026	Day 160	154.29	157	