

# Weight Loss Plan

NWCA Wrestling Weight Certification

**Elan Bekker - Henry Ford College**

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

📊 Initial weight: **164.1 lbs**      📅 Weight loss per week: **2.50 lbs**      Minimum weight class: **157**

Minimum weight: **152.41**

Date		Actual Eligible Weight	Eligible Weight Class	Actual Weight
10/06/2025	Initial Assessment	164.10	165	164.10
10/07/2025	Day 1	163.74	165	
10/08/2025	Day 2	163.39	165	
10/09/2025	Day 3	163.03	165	
10/10/2025	Day 4	162.67	165	
10/11/2025	Day 5	162.31	165	
10/12/2025	Day 6	161.96	165	
10/13/2025	Day 7	161.60	165	
10/14/2025	Day 8	161.24	165	
10/15/2025	Day 9	160.89	165	
10/16/2025	Day 10	160.53	165	
10/17/2025	Day 11	160.17	165	
10/18/2025	Day 12	159.82	165	
10/19/2025	Day 13	159.46	165	
10/20/2025	Day 14	159.10	165	
10/21/2025	Day 15	158.75	165	
10/22/2025	Day 16	158.39	165	
10/23/2025	Day 17	158.03	165	
10/24/2025	Day 18	157.67	165	
10/25/2025	Day 19	157.32	165	
10/26/2025	Day 20	156.96	157	
10/27/2025	Day 21	156.60	157	
10/28/2025	Day 22	156.25	157	
10/29/2025	Day 23	155.89	157	
10/30/2025	Day 24	155.53	157	

10/31/2025	Day 25	155.18	157	
11/01/2025	Day 26	154.82	157	
11/02/2025	Day 27	154.46	157	
11/03/2025	Day 28	154.10	157	
11/04/2025	Day 29	153.75	157	
11/05/2025	Day 30	153.39	157	
11/06/2025	Day 31	153.03	157	
11/07/2025	Day 32	152.68	157	
11/08/2025	Day 33	152.41	157	
11/09/2025	Day 34	152.41	157	
11/10/2025	Day 35	152.41	157	
11/11/2025	Day 36	152.41	157	
11/12/2025	Day 37	152.41	157	
11/13/2025	Day 38	152.41	157	
11/14/2025	Day 39	152.41	157	
11/15/2025	Day 40	152.41	157	
11/16/2025	Day 41	152.41	157	
11/17/2025	Day 42	152.41	157	
11/18/2025	Day 43	152.41	157	
11/19/2025	Day 44	152.41	157	
11/20/2025	Day 45	152.41	157	
11/21/2025	Day 46	152.41	157	
11/22/2025	Day 47	152.41	157	
11/23/2025	Day 48	152.41	157	
11/24/2025	Day 49	152.41	157	
11/25/2025	Day 50	152.41	157	
11/26/2025	Day 51	152.41	157	
11/27/2025	Day 52	152.41	157	
11/28/2025	Day 53	152.41	157	
11/29/2025	Day 54	152.41	157	
11/30/2025	Day 55	152.41	157	
12/01/2025	Day 56	152.41	157	
12/02/2025	Day 57	152.41	157	

12/03/2025	Day 58	152.41	157	
12/04/2025	Day 59	152.41	157	
12/05/2025	Day 60	152.41	157	
12/06/2025	Day 61	152.41	157	
12/07/2025	Day 62	152.41	157	
12/08/2025	Day 63	152.41	157	
12/09/2025	Day 64	152.41	157	
12/10/2025	Day 65	152.41	157	
12/11/2025	Day 66	152.41	157	
12/12/2025	Day 67	152.41	157	
12/13/2025	Day 68	152.41	157	
12/14/2025	Day 69	152.41	157	
12/15/2025	Day 70	152.41	157	
12/16/2025	Day 71	152.41	157	
12/17/2025	Day 72	152.41	157	
12/18/2025	Day 73	152.41	157	
12/19/2025	Day 74	152.41	157	
12/20/2025	Day 75	152.41	157	
12/21/2025	Day 76	152.41	157	
12/22/2025	Day 77	152.41	157	
12/23/2025	Day 78	152.41	157	
12/24/2025	Day 79	152.41	157	
12/25/2025	Day 80	152.41	157	
12/26/2025	Day 81	152.41	157	
12/27/2025	Day 82	152.41	157	
12/28/2025	Day 83	152.41	157	
12/29/2025	Day 84	152.41	157	
12/30/2025	Day 85	152.41	157	
12/31/2025	Day 86	152.41	157	
01/01/2026	Day 87	152.41	157	
01/02/2026	Day 88	152.41	157	
01/03/2026	Day 89	152.41	157	
01/04/2026	Day 90	152.41	157	

01/05/2026	Day 91	152.41	157	
01/06/2026	Day 92	152.41	157	
01/07/2026	Day 93	152.41	157	
01/08/2026	Day 94	152.41	157	
01/09/2026	Day 95	152.41	157	
01/10/2026	Day 96	152.41	157	
01/11/2026	Day 97	152.41	157	
01/12/2026	Day 98	152.41	157	
01/13/2026	Day 99	152.41	157	
01/14/2026	Day 100	152.41	157	
01/15/2026	Day 101	152.41	157	
01/16/2026	Day 102	152.41	157	
01/17/2026	Day 103	152.41	157	
01/18/2026	Day 104	152.41	157	
01/19/2026	Day 105	152.41	157	
01/20/2026	Day 106	152.41	157	
01/21/2026	Day 107	152.41	157	
01/22/2026	Day 108	152.41	157	
01/23/2026	Day 109	152.41	157	
01/24/2026	Day 110	152.41	157	
01/25/2026	Day 111	152.41	157	
01/26/2026	Day 112	152.41	157	
01/27/2026	Day 113	152.41	157	
01/28/2026	Day 114	152.41	157	
01/29/2026	Day 115	152.41	157	
01/30/2026	Day 116	152.41	157	
01/31/2026	Day 117	152.41	157	
02/01/2026	Day 118	152.41	157	
02/02/2026	Day 119	152.41	157	
02/03/2026	Day 120	152.41	157	
02/04/2026	Day 121	152.41	157	
02/05/2026	Day 122	152.41	157	
02/06/2026	Day 123	152.41	157	

02/07/2026	Day 124	152.41	157	
02/08/2026	Day 125	152.41	157	
02/09/2026	Day 126	152.41	157	
02/10/2026	Day 127	152.41	157	
02/11/2026	Day 128	152.41	157	
02/12/2026	Day 129	152.41	157	
02/13/2026	Day 130	152.41	157	
02/14/2026	Day 131	152.41	157	
02/15/2026	Day 132	152.41	157	
02/16/2026	Day 133	152.41	157	
02/17/2026	Day 134	152.41	157	
02/18/2026	Day 135	152.41	157	
02/19/2026	Day 136	152.41	157	
02/20/2026	Day 137	152.41	157	
02/21/2026	Day 138	152.41	157	
02/22/2026	Day 139	152.41	157	
02/23/2026	Day 140	152.41	157	
02/24/2026	Day 141	152.41	157	
02/25/2026	Day 142	152.41	157	
02/26/2026	Day 143	152.41	157	
02/27/2026	Day 144	152.41	157	
02/28/2026	Day 145	152.41	157	
03/01/2026	Day 146	152.41	157	
03/02/2026	Day 147	152.41	157	
03/03/2026	Day 148	152.41	157	
03/04/2026	Day 149	152.41	157	
03/05/2026	Day 150	152.41	157	
03/06/2026	Day 151	152.41	157	
03/07/2026	Day 152	152.41	157	
03/08/2026	Day 153	152.41	157	
03/09/2026	Day 154	152.41	157	
03/10/2026	Day 155	152.41	157	
03/11/2026	Day 156	152.41	157	

03/12/2026	Day 157	152.41	157	
03/13/2026	Day 158	152.41	157	
03/14/2026	Day 159	152.41	157	
03/15/2026	Day 160	152.41	157	
03/16/2026	Day 161	152.41	157	
03/17/2026	Day 162	152.41	157	
03/18/2026	Day 163	152.41	157	
03/19/2026	Day 164	152.41	157	
03/20/2026	Day 165	152.41	157	
03/21/2026	Day 166	152.41	157	
03/22/2026	Day 167	152.41	157	
03/23/2026	Day 168	152.41	157	
03/24/2026	Day 169	152.41	157	
Minimum wrestling weight locked				
03/25/2026	Day 170	152.41	157	