

Weight Loss Plan

NWCA Wrestling Weight Certification

Emilio Buendia - Henry Ford College

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

📅 Initial weight: **170 lbs** 📊 Weight loss per week: **2.60 lbs** Minimum weight class: **141**

Minimum weight: **136.57**

Date		Actual Eligible Weight	Eligible Weight Class	Actual Weight
10/06/2025	Initial Assessment	170.00	174	170.00
10/07/2025	Day 1	169.63	174	
10/08/2025	Day 2	169.26	174	
10/09/2025	Day 3	168.89	174	
10/10/2025	Day 4	168.52	174	
10/11/2025	Day 5	168.15	174	
10/12/2025	Day 6	167.77	174	
10/13/2025	Day 7	167.40	174	
10/14/2025	Day 8	167.03	174	
10/15/2025	Day 9	166.66	174	
10/16/2025	Day 10	166.29	174	
10/17/2025	Day 11	165.92	174	
10/18/2025	Day 12	165.55	174	
10/19/2025	Day 13	165.18	174	
10/20/2025	Day 14	164.81	165	
10/21/2025	Day 15	164.44	165	
10/22/2025	Day 16	164.06	165	
10/23/2025	Day 17	163.69	165	
10/24/2025	Day 18	163.32	165	
10/25/2025	Day 19	162.95	165	
10/26/2025	Day 20	162.58	165	
10/27/2025	Day 21	162.21	165	
10/28/2025	Day 22	161.84	165	
10/29/2025	Day 23	161.47	165	
10/30/2025	Day 24	161.10	165	

10/31/2025	Day 25	160.72	165	
11/01/2025	Day 26	160.35	165	
11/02/2025	Day 27	159.98	165	
11/03/2025	Day 28	159.61	165	
11/04/2025	Day 29	159.24	165	
11/05/2025	Day 30	158.87	165	
11/06/2025	Day 31	158.50	165	
11/07/2025	Day 32	158.13	165	
11/08/2025	Day 33	157.76	165	
11/09/2025	Day 34	157.39	165	
11/10/2025	Day 35	157.01	165	
11/11/2025	Day 36	156.64	157	
11/12/2025	Day 37	156.27	157	
11/13/2025	Day 38	155.90	157	
11/14/2025	Day 39	155.53	157	
11/15/2025	Day 40	155.16	157	
11/16/2025	Day 41	154.79	157	
11/17/2025	Day 42	154.42	157	
11/18/2025	Day 43	154.05	157	
11/19/2025	Day 44	153.68	157	
11/20/2025	Day 45	153.31	157	
11/21/2025	Day 46	152.93	157	
11/22/2025	Day 47	152.56	157	
11/23/2025	Day 48	152.19	157	
11/24/2025	Day 49	151.82	157	
11/25/2025	Day 50	151.45	157	
11/26/2025	Day 51	151.08	157	
11/27/2025	Day 52	150.71	157	
11/28/2025	Day 53	150.34	157	
11/29/2025	Day 54	149.97	157	
11/30/2025	Day 55	149.59	157	
12/01/2025	Day 56	149.22	157	
12/02/2025	Day 57	148.85	149	

12/03/2025	Day 58	148.48	149	
12/04/2025	Day 59	148.11	149	
12/05/2025	Day 60	147.74	149	
12/06/2025	Day 61	147.37	149	
12/07/2025	Day 62	147.00	149	
12/08/2025	Day 63	146.63	149	
12/09/2025	Day 64	146.26	149	
12/10/2025	Day 65	145.88	149	
12/11/2025	Day 66	145.51	149	
12/12/2025	Day 67	145.14	149	
12/13/2025	Day 68	144.77	149	
12/14/2025	Day 69	144.40	149	
12/15/2025	Day 70	144.03	149	
12/16/2025	Day 71	143.66	149	
12/17/2025	Day 72	143.29	149	
12/18/2025	Day 73	142.92	149	
12/19/2025	Day 74	142.55	149	
12/20/2025	Day 75	142.18	149	
12/21/2025	Day 76	141.80	149	
12/22/2025	Day 77	141.43	149	
12/23/2025	Day 78	141.06	149	
12/24/2025	Day 79	140.69	141	
12/25/2025	Day 80	140.32	141	
12/26/2025	Day 81	139.95	141	
12/27/2025	Day 82	139.58	141	
12/28/2025	Day 83	139.21	141	
12/29/2025	Day 84	138.84	141	
12/30/2025	Day 85	138.47	141	
12/31/2025	Day 86	138.09	141	
01/01/2026	Day 87	137.72	141	
01/02/2026	Day 88	137.35	141	
01/03/2026	Day 89	136.98	141	
01/04/2026	Day 90	136.61	141	

01/05/2026	Day 91	136.57	141	
01/06/2026	Day 92	136.57	141	
01/07/2026	Day 93	136.57	141	
01/08/2026	Day 94	136.57	141	
01/09/2026	Day 95	136.57	141	
01/10/2026	Day 96	136.57	141	
01/11/2026	Day 97	136.57	141	
01/12/2026	Day 98	136.57	141	
01/13/2026	Day 99	136.57	141	
01/14/2026	Day 100	136.57	141	
01/15/2026	Day 101	136.57	141	
01/16/2026	Day 102	136.57	141	
01/17/2026	Day 103	136.57	141	
01/18/2026	Day 104	136.57	141	
01/19/2026	Day 105	136.57	141	
01/20/2026	Day 106	136.57	141	
01/21/2026	Day 107	136.57	141	
01/22/2026	Day 108	136.57	141	
01/23/2026	Day 109	136.57	141	
01/24/2026	Day 110	136.57	141	
01/25/2026	Day 111	136.57	141	
01/26/2026	Day 112	136.57	141	
01/27/2026	Day 113	136.57	141	
01/28/2026	Day 114	136.57	141	
01/29/2026	Day 115	136.57	141	
01/30/2026	Day 116	136.57	141	
01/31/2026	Day 117	136.57	141	
02/01/2026	Day 118	136.57	141	
02/02/2026	Day 119	136.57	141	
02/03/2026	Day 120	136.57	141	
02/04/2026	Day 121	136.57	141	
02/05/2026	Day 122	136.57	141	
02/06/2026	Day 123	136.57	141	

02/07/2026	Day 124	136.57	141	
02/08/2026	Day 125	136.57	141	
02/09/2026	Day 126	136.57	141	
02/10/2026	Day 127	136.57	141	
02/11/2026	Day 128	136.57	141	
02/12/2026	Day 129	136.57	141	
02/13/2026	Day 130	136.57	141	
02/14/2026	Day 131	136.57	141	
02/15/2026	Day 132	136.57	141	
02/16/2026	Day 133	136.57	141	
02/17/2026	Day 134	136.57	141	
02/18/2026	Day 135	136.57	141	
02/19/2026	Day 136	136.57	141	
02/20/2026	Day 137	136.57	141	
02/21/2026	Day 138	136.57	141	
02/22/2026	Day 139	136.57	141	
02/23/2026	Day 140	136.57	141	
02/24/2026	Day 141	136.57	141	
02/25/2026	Day 142	136.57	141	
02/26/2026	Day 143	136.57	141	
02/27/2026	Day 144	136.57	141	
02/28/2026	Day 145	136.57	141	
03/01/2026	Day 146	136.57	141	
03/02/2026	Day 147	136.57	141	
03/03/2026	Day 148	136.57	141	
03/04/2026	Day 149	136.57	141	
03/05/2026	Day 150	136.57	141	
03/06/2026	Day 151	136.57	141	
03/07/2026	Day 152	136.57	141	
03/08/2026	Day 153	136.57	141	
03/09/2026	Day 154	136.57	141	
03/10/2026	Day 155	136.57	141	
03/11/2026	Day 156	136.57	141	

03/12/2026	Day 157	136.57	141	
03/13/2026	Day 158	136.57	141	
03/14/2026	Day 159	136.57	141	
03/15/2026	Day 160	136.57	141	
03/16/2026	Day 161	136.57	141	
03/17/2026	Day 162	136.57	141	
03/18/2026	Day 163	136.57	141	
03/19/2026	Day 164	136.57	141	
03/20/2026	Day 165	136.57	141	
03/21/2026	Day 166	136.57	141	
03/22/2026	Day 167	136.57	141	
03/23/2026	Day 168	136.57	141	
03/24/2026	Day 169	136.57	141	
Minimum wrestling weight locked				
03/25/2026	Day 170	136.57	141	