

Weight Loss Plan

NWCA Wrestling Weight Certification

Gavin O`Neal - Henry Ford College

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

📊 Initial weight: **177.3 lbs** 📅 Weight loss per week: **2.70 lbs** Minimum weight class: **157**

Minimum weight: **151.79**

Date		Actual Eligible Weight	Eligible Weight Class	Actual Weight
10/06/2025	Initial Assessment	177.30	184	177.30
10/07/2025	Day 1	176.91	184	
10/08/2025	Day 2	176.53	184	
10/09/2025	Day 3	176.14	184	
10/10/2025	Day 4	175.76	184	
10/11/2025	Day 5	175.37	184	
10/12/2025	Day 6	174.98	184	
10/13/2025	Day 7	174.60	184	
10/14/2025	Day 8	174.21	184	
10/15/2025	Day 9	173.83	174	
10/16/2025	Day 10	173.44	174	
10/17/2025	Day 11	173.05	174	
10/18/2025	Day 12	172.67	174	
10/19/2025	Day 13	172.28	174	
10/20/2025	Day 14	171.90	174	
10/21/2025	Day 15	171.51	174	
10/22/2025	Day 16	171.12	174	
10/23/2025	Day 17	170.74	174	
10/24/2025	Day 18	170.35	174	
10/25/2025	Day 19	169.97	174	
10/26/2025	Day 20	169.58	174	
10/27/2025	Day 21	169.19	174	
10/28/2025	Day 22	168.81	174	
10/29/2025	Day 23	168.42	174	
10/30/2025	Day 24	168.04	174	

10/31/2025	Day 25	167.65	174	
11/01/2025	Day 26	167.26	174	
11/02/2025	Day 27	166.88	174	
11/03/2025	Day 28	166.49	174	
11/04/2025	Day 29	166.11	174	
11/05/2025	Day 30	165.72	174	
11/06/2025	Day 31	165.33	174	
11/07/2025	Day 32	164.95	165	
11/08/2025	Day 33	164.56	165	
11/09/2025	Day 34	164.18	165	
11/10/2025	Day 35	163.79	165	
11/11/2025	Day 36	163.40	165	
11/12/2025	Day 37	163.02	165	
11/13/2025	Day 38	162.63	165	
11/14/2025	Day 39	162.25	165	
11/15/2025	Day 40	161.86	165	
11/16/2025	Day 41	161.47	165	
11/17/2025	Day 42	161.09	165	
11/18/2025	Day 43	160.70	165	
11/19/2025	Day 44	160.32	165	
11/20/2025	Day 45	159.93	165	
11/21/2025	Day 46	159.54	165	
11/22/2025	Day 47	159.16	165	
11/23/2025	Day 48	158.77	165	
11/24/2025	Day 49	158.39	165	
11/25/2025	Day 50	158.00	165	
11/26/2025	Day 51	157.61	165	
11/27/2025	Day 52	157.23	165	
11/28/2025	Day 53	156.84	157	
11/29/2025	Day 54	156.46	157	
11/30/2025	Day 55	156.07	157	
12/01/2025	Day 56	155.68	157	
12/02/2025	Day 57	155.30	157	

12/03/2025	Day 58	154.91	157	
12/04/2025	Day 59	154.53	157	
12/05/2025	Day 60	154.14	157	
12/06/2025	Day 61	153.75	157	
12/07/2025	Day 62	153.37	157	
12/08/2025	Day 63	152.98	157	
12/09/2025	Day 64	152.60	157	
12/10/2025	Day 65	152.21	157	
12/11/2025	Day 66	151.82	157	
12/12/2025	Day 67	151.79	157	
12/13/2025	Day 68	151.79	157	
12/14/2025	Day 69	151.79	157	
12/15/2025	Day 70	151.79	157	
12/16/2025	Day 71	151.79	157	
12/17/2025	Day 72	151.79	157	
12/18/2025	Day 73	151.79	157	
12/19/2025	Day 74	151.79	157	
12/20/2025	Day 75	151.79	157	
12/21/2025	Day 76	151.79	157	
12/22/2025	Day 77	151.79	157	
12/23/2025	Day 78	151.79	157	
12/24/2025	Day 79	151.79	157	
12/25/2025	Day 80	151.79	157	
12/26/2025	Day 81	151.79	157	
12/27/2025	Day 82	151.79	157	
12/28/2025	Day 83	151.79	157	
12/29/2025	Day 84	151.79	157	
12/30/2025	Day 85	151.79	157	
12/31/2025	Day 86	151.79	157	
01/01/2026	Day 87	151.79	157	
01/02/2026	Day 88	151.79	157	
01/03/2026	Day 89	151.79	157	
01/04/2026	Day 90	151.79	157	

01/05/2026	Day 91	151.79	157	
01/06/2026	Day 92	151.79	157	
01/07/2026	Day 93	151.79	157	
01/08/2026	Day 94	151.79	157	
01/09/2026	Day 95	151.79	157	
01/10/2026	Day 96	151.79	157	
01/11/2026	Day 97	151.79	157	
01/12/2026	Day 98	151.79	157	
01/13/2026	Day 99	151.79	157	
01/14/2026	Day 100	151.79	157	
01/15/2026	Day 101	151.79	157	
01/16/2026	Day 102	151.79	157	
01/17/2026	Day 103	151.79	157	
01/18/2026	Day 104	151.79	157	
01/19/2026	Day 105	151.79	157	
01/20/2026	Day 106	151.79	157	
01/21/2026	Day 107	151.79	157	
01/22/2026	Day 108	151.79	157	
01/23/2026	Day 109	151.79	157	
01/24/2026	Day 110	151.79	157	
01/25/2026	Day 111	151.79	157	
01/26/2026	Day 112	151.79	157	
01/27/2026	Day 113	151.79	157	
01/28/2026	Day 114	151.79	157	
01/29/2026	Day 115	151.79	157	
01/30/2026	Day 116	151.79	157	
01/31/2026	Day 117	151.79	157	
02/01/2026	Day 118	151.79	157	
02/02/2026	Day 119	151.79	157	
02/03/2026	Day 120	151.79	157	
02/04/2026	Day 121	151.79	157	
02/05/2026	Day 122	151.79	157	
02/06/2026	Day 123	151.79	157	

02/07/2026	Day 124	151.79	157	
02/08/2026	Day 125	151.79	157	
02/09/2026	Day 126	151.79	157	
02/10/2026	Day 127	151.79	157	
02/11/2026	Day 128	151.79	157	
02/12/2026	Day 129	151.79	157	
02/13/2026	Day 130	151.79	157	
02/14/2026	Day 131	151.79	157	
02/15/2026	Day 132	151.79	157	
02/16/2026	Day 133	151.79	157	
02/17/2026	Day 134	151.79	157	
02/18/2026	Day 135	151.79	157	
02/19/2026	Day 136	151.79	157	
02/20/2026	Day 137	151.79	157	
02/21/2026	Day 138	151.79	157	
02/22/2026	Day 139	151.79	157	
02/23/2026	Day 140	151.79	157	
02/24/2026	Day 141	151.79	157	
02/25/2026	Day 142	151.79	157	
02/26/2026	Day 143	151.79	157	
02/27/2026	Day 144	151.79	157	
02/28/2026	Day 145	151.79	157	
03/01/2026	Day 146	151.79	157	
03/02/2026	Day 147	151.79	157	
03/03/2026	Day 148	151.79	157	
03/04/2026	Day 149	151.79	157	
03/05/2026	Day 150	151.79	157	
03/06/2026	Day 151	151.79	157	
03/07/2026	Day 152	151.79	157	
03/08/2026	Day 153	151.79	157	
03/09/2026	Day 154	151.79	157	
03/10/2026	Day 155	151.79	157	
03/11/2026	Day 156	151.79	157	

03/12/2026	Day 157	151.79	157	
03/13/2026	Day 158	151.79	157	
03/14/2026	Day 159	151.79	157	
03/15/2026	Day 160	151.79	157	
03/16/2026	Day 161	151.79	157	
03/17/2026	Day 162	151.79	157	
03/18/2026	Day 163	151.79	157	
03/19/2026	Day 164	151.79	157	
03/20/2026	Day 165	151.79	157	
03/21/2026	Day 166	151.79	157	
03/22/2026	Day 167	151.79	157	
03/23/2026	Day 168	151.79	157	
03/24/2026	Day 169	151.79	157	
Minimum wrestling weight locked				
03/25/2026	Day 170	151.79	157	