Weight Loss Plan

NWCA Wrestling Weight Certification

Ivan Hernandez - Henry Ford College

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

Initial weight: **326 lbs** Weight loss per week: **4.90 lbs** Minimum weight class: **285**

Minimum weight: **230.43**

Date		Actual Eligible Weight	Eligible Weight Class	Actual Weight
09/07/2022	Initial Assessment	326.00	285	326.00
09/08/2022	Day 1	325.30	285	
09/09/2022	Day 2	324.60	285	
09/10/2022	Day 3	323.90	285	
09/11/2022	Day 4	323.20	285	
09/12/2022	Day 5	322.50	285	
09/13/2022	Day 6	321.80	285	
09/14/2022	Day 7	321.10	285	
09/15/2022	Day 8	320.40	285	
09/16/2022	Day 9	319.70	285	
09/17/2022	Day 10	319.00	285	
09/18/2022	Day 11	318.30	285	
09/19/2022	Day 12	317.60	285	
09/20/2022	Day 13	316.90	285	
09/21/2022	Day 14	316.20	285	
09/22/2022	Day 15	315.50	285	
09/23/2022	Day 16	314.80	285	
09/24/2022	Day 17	314.10	285	
09/25/2022	Day 18	313.40	285	
09/26/2022	Day 19	312.70	285	
09/27/2022	Day 20	312.00	285	
09/28/2022	Day 21	311.30	285	
09/29/2022	Day 22	310.60	285	
09/30/2022	Day 23	309.90	285	
10/01/2022	Day 24	309.20	285	
10/02/2022	Day 25	308.50	285	

10/03/2022	Day 26	307.80	285	
10/04/2022	Day 27	307.10	285	
10/05/2022	Day 28	306.40	285	
10/06/2022	Day 29	305.70	285	
10/07/2022	Day 30	305.00	285	
10/08/2022	Day 31	304.30	285	
10/09/2022	Day 32	303.60	285	
10/10/2022	Day 33	302.90	285	
10/11/2022	Day 34	302.20	285	
10/12/2022	Day 35	301.50	285	
10/13/2022	Day 36	300.80	285	
10/14/2022	Day 37	300.10	285	
10/15/2022	Day 38	299.40	285	
10/16/2022	Day 39	298.70	285	
10/17/2022	Day 40	298.00	285	
10/18/2022	Day 41	297.30	285	
10/19/2022	Day 42	296.60	285	
10/20/2022	Day 43	295.90	285	
10/21/2022	Day 44	295.20	285	
10/22/2022	Day 45	294.50	285	
10/23/2022	Day 46	293.80	285	
10/24/2022	Day 47	293.10	285	
10/25/2022	Day 48	292.40	285	
10/26/2022	Day 49	291.70	285	
10/27/2022	Day 50	291.00	285	
10/28/2022	Day 51	290.30	285	
10/29/2022	Day 52	289.60	285	
10/30/2022	Day 53	288.90	285	
10/31/2022	Day 54	288.20	285	
11/01/2022	Day 55	287.50	285	
11/02/2022	Day 56	286.80	285	
11/03/2022	Day 57	286.10	285	
11/04/2022	Day 58	285.40	285	
11/05/2022	Day 59	284.70	285	

11/06/2022	Day 60	284.00	285	
11/07/2022	Day 61	283.30	285	
11/08/2022	Day 62	282.60	285	
11/09/2022	Day 63	281.90	285	
11/10/2022	Day 64	281.20	285	
11/11/2022	Day 65	280.50	285	
11/12/2022	Day 66	279.80	285	
11/13/2022	Day 67	279.10	285	
11/14/2022	Day 68	278.40	285	
11/15/2022	Day 69	277.70	285	
11/16/2022	Day 70	277.00	285	
11/17/2022	Day 71	276.30	285	
11/18/2022	Day 72	275.60	285	
11/19/2022	Day 73	274.90	285	
11/20/2022	Day 74	274.20	285	
11/21/2022	Day 75	273.50	285	
11/22/2022	Day 76	272.80	285	
11/23/2022	Day 77	272.10	285	
11/24/2022	Day 78	271.40	285	
11/25/2022	Day 79	270.70	285	
11/26/2022	Day 80	270.00	285	
11/27/2022	Day 81	269.30	285	
11/28/2022	Day 82	268.60	285	
11/29/2022	Day 83	267.90	285	
11/30/2022	Day 84	267.20	285	
12/01/2022	Day 85	266.50	285	
12/02/2022	Day 86	265.80	285	
12/03/2022	Day 87	265.10	285	
12/04/2022	Day 88	264.40	285	
12/05/2022	Day 89	263.70	285	
12/06/2022	Day 90	263.00	285	
12/07/2022	Day 91	262.30	285	
12/08/2022	Day 92	261.60	285	
12/09/2022	Day 93	260.90	285	

12/10/2022	Day 94	260.20	285	
12/11/2022	Day 95	259.50	285	
12/12/2022	Day 96	258.80	285	
12/13/2022	Day 97	258.10	285	
12/14/2022	Day 98	257.40	285	
12/15/2022	Day 99	256.70	285	
12/16/2022	Day 100	256.00	285	
12/17/2022	Day 101	255.30	285	
12/18/2022	Day 102	254.60	285	
12/19/2022	Day 103	253.90	285	
12/20/2022	Day 104	253.20	285	
12/21/2022	Day 105	252.50	285	
12/22/2022	Day 106	251.80	285	
12/23/2022	Day 107	251.10	285	
12/24/2022	Day 108	250.40	285	
12/25/2022	Day 109	249.70	285	
12/26/2022	Day 110	249.00	285	
12/27/2022	Day 111	248.30	285	
12/28/2022	Day 112	247.60	285	
12/29/2022	Day 113	246.90	285	
12/30/2022	Day 114	246.20	285	
12/31/2022	Day 115	245.50	285	
01/01/2023	Day 116	244.80	285	
01/02/2023	Day 117	244.10	285	
01/03/2023	Day 118	243.40	285	
01/04/2023	Day 119	242.70	285	
01/05/2023	Day 120	242.00	285	
01/06/2023	Day 121	241.30	285	
01/07/2023	Day 122	240.60	285	
01/08/2023	Day 123	239.90	285	
01/09/2023	Day 124	239.20	285	
01/10/2023	Day 125	238.50	285	
01/11/2023	Day 126	237.80	285	

01/12/2023	Day 127	237.10	285	
01/13/2023	Day 128	236.40	285	
01/14/2023	Day 129	235.70	285	
01/15/2023	Day 130	235.00	285	
01/16/2023	Day 131	234.30	285	
01/17/2023	Day 132	233.60	285	
01/18/2023	Day 133	232.90	285	
01/19/2023	Day 134	232.20	285	
01/20/2023	Day 135	231.50	285	
01/21/2023	Day 136	230.80	285	
01/22/2023	Day 137	230.43	285	
01/23/2023	Day 138	230.43	285	
01/24/2023	Day 139	230.43	285	
01/25/2023	Day 140	230.43	285	
01/26/2023	Day 141	230.43	285	
01/27/2023	Day 142	230.43	285	
01/28/2023	Day 143	230.43	285	
01/29/2023	Day 144	230.43	285	
01/30/2023	Day 145	230.43	285	
01/31/2023	Day 146	230.43	285	
02/01/2023	Day 147	230.43	285	
02/02/2023	Day 148	230.43	285	
02/03/2023	Day 149	230.43	285	
02/04/2023	Day 150	230.43	285	
02/05/2023	Day 151	230.43	285	
02/06/2023	Day 152	230.43	285	
02/07/2023	Day 153	230.43	285	
02/08/2023	Day 154	230.43	285	
02/09/2023	Day 155	230.43	285	
02/10/2023	Day 156	230.43	285	
02/11/2023	Day 157	230.43	285	
02/12/2023	Day 158	230.43	285	
02/13/2023	Day 159	230.43	285	
02/14/2023	Day 160	230.43	285	

02/15/2023	Day 161	230.43	285	
02/16/2023	Day 162	230.43	285	
02/17/2023	Day 163	230.43	285	
02/18/2023	Day 164	230.43	285	
02/19/2023	Day 165	230.43	285	
02/20/2023	Day 166	230.43	285	
02/21/2023	Day 167	230.43	285	
02/22/2023	Day 168	230.43	285	
02/23/2023	Day 169	230.43	285	
02/24/2023	Day 170	230.43	285	
02/25/2023	Day 171	230.43	285	
02/26/2023	Day 172	230.43	285	
02/27/2023	Day 173	230.43	285	
02/28/2023	Day 174	230.43	285	
03/01/2023	Day 175	230.43	285	
03/02/2023	Day 176	230.43	285	
03/03/2023	Day 177	230.43	285	
03/04/2023	Day 178	230.43	285	
03/05/2023	Day 179	230.43	285	
03/06/2023	Day 180	230.43	285	
03/07/2023	Day 181	230.43	285	
03/08/2023	Day 182	230.43	285	
03/09/2023	Day 183	230.43	285	
03/10/2023	Day 184	230.43	285	
03/11/2023	Day 185	230.43	285	
03/12/2023	Day 186	230.43	285	
03/13/2023	Day 187	230.43	285	
03/14/2023	Day 188	230.43	285	
03/15/2023	Day 189	230.43	285	
03/16/2023	Day 190	230.43	285	
03/17/2023	Day 191	230.43	285	
03/18/2023	Day 192	230.43	285	
03/19/2023	Day 193	230.43	285	
03/20/2023	Day 194	230.43	285	

03/21/2023	Day 195	230.43	285	
03/22/2023	Day 196	230.43	285	
03/23/2023	Day 197	230.43	285	