

# Weight Loss Plan

NWCA Wrestling Weight Certification

Ivan Mendez - Henry Ford College

 Initial weight: **145.5 lbs**      Weight loss per week: **2.20 lbs**

Minimum weight class: **141**     Minimum weight: **135.13**

Date		Actual Eligible Weight	Eligible Weight Class	Actual Weight
10/06/2025	Initial Assessment	145.50	149	145.50
10/07/2025	Day 1	145.19	149	
10/08/2025	Day 2	144.87	149	
10/09/2025	Day 3	144.56	149	
10/10/2025	Day 4	144.24	149	
10/11/2025	Day 5	143.93	149	
10/12/2025	Day 6	143.62	149	
10/13/2025	Day 7	143.30	149	
10/14/2025	Day 8	142.99	149	
10/15/2025	Day 9	142.67	149	
10/16/2025	Day 10	142.36	149	
10/17/2025	Day 11	142.05	149	
10/18/2025	Day 12	141.73	149	
10/19/2025	Day 13	141.42	149	
10/20/2025	Day 14	141.10	149	
10/21/2025	Day 15	140.79	141	
10/22/2025	Day 16	140.48	141	
10/23/2025	Day 17	140.16	141	
10/24/2025	Day 18	139.85	141	
10/25/2025	Day 19	139.53	141	
10/26/2025	Day 20	139.22	141	
10/27/2025	Day 21	138.91	141	

10/28/2025	Day 22	138.59	141	
10/29/2025	Day 23	138.28	141	
10/30/2025	Day 24	137.96	141	
10/31/2025	Day 25	137.65	141	
11/01/2025	Day 26	137.34	141	
11/02/2025	Day 27	137.02	141	
11/03/2025	Day 28	136.71	141	
11/04/2025	Day 29	136.39	141	
11/05/2025	Day 30	136.08	141	
11/06/2025	Day 31	135.77	141	
11/07/2025	Day 32	135.45	141	
11/08/2025	Day 33	135.14	141	
11/09/2025	Day 34	135.13	141	
11/10/2025	Day 35	135.13	141	
11/11/2025	Day 36	135.13	141	
11/12/2025	Day 37	135.13	141	
11/13/2025	Day 38	135.13	141	
11/14/2025	Day 39	135.13	141	
11/15/2025	Day 40	135.13	141	
11/16/2025	Day 41	135.13	141	
11/17/2025	Day 42	135.13	141	
11/18/2025	Day 43	135.13	141	
11/19/2025	Day 44	135.13	141	
11/20/2025	Day 45	135.13	141	
11/21/2025	Day 46	135.13	141	
11/22/2025	Day 47	135.13	141	
11/23/2025	Day 48	135.13	141	
11/24/2025	Day 49	135.13	141	
11/25/2025	Day 50	135.13	141	

11/26/2025	Day 51	135.13	141	
11/27/2025	Day 52	135.13	141	
11/28/2025	Day 53	135.13	141	
11/29/2025	Day 54	135.13	141	
11/30/2025	Day 55	135.13	141	
12/01/2025	Day 56	135.13	141	
12/02/2025	Day 57	135.13	141	
12/03/2025	Day 58	135.13	141	
12/04/2025	Day 59	135.13	141	
12/05/2025	Day 60	135.13	141	
12/06/2025	Day 61	135.13	141	
12/07/2025	Day 62	135.13	141	
12/08/2025	Day 63	135.13	141	
12/09/2025	Day 64	135.13	141	
12/10/2025	Day 65	135.13	141	
12/11/2025	Day 66	135.13	141	
12/12/2025	Day 67	135.13	141	
12/13/2025	Day 68	135.13	141	
12/14/2025	Day 69	135.13	141	
12/15/2025	Day 70	135.13	141	
12/16/2025	Day 71	135.13	141	
12/17/2025	Day 72	135.13	141	
12/18/2025	Day 73	135.13	141	
12/19/2025	Day 74	135.13	141	
12/20/2025	Day 75	135.13	141	
12/21/2025	Day 76	135.13	141	
12/22/2025	Day 77	135.13	141	
12/23/2025	Day 78	135.13	141	
12/24/2025	Day 79	135.13	141	

12/25/2025	Day 80	135.13	141	
12/26/2025	Day 81	135.13	141	
12/27/2025	Day 82	135.13	141	
12/28/2025	Day 83	135.13	141	
12/29/2025	Day 84	135.13	141	
12/30/2025	Day 85	135.13	141	
12/31/2025	Day 86	135.13	141	
01/01/2026	Day 87	135.13	141	
01/02/2026	Day 88	135.13	141	
01/03/2026	Day 89	135.13	141	
01/04/2026	Day 90	135.13	141	
01/05/2026	Day 91	135.13	141	
01/06/2026	Day 92	135.13	141	
01/07/2026	Day 93	135.13	141	
01/08/2026	Day 94	135.13	141	
01/09/2026	Day 95	135.13	141	
01/10/2026	Day 96	135.13	141	
01/11/2026	Day 97	135.13	141	
01/12/2026	Day 98	135.13	141	
01/13/2026	Day 99	135.13	141	
01/14/2026	Day 100	135.13	141	
01/15/2026	Day 101	135.13	141	
01/16/2026	Day 102	135.13	141	
01/17/2026	Day 103	135.13	141	
01/18/2026	Day 104	135.13	141	
01/19/2026	Day 105	135.13	141	
01/20/2026	Day 106	135.13	141	
01/21/2026	Day 107	135.13	141	
01/22/2026	Day 108	135.13	141	

01/23/2026	Day 109	135.13	141	
01/24/2026	Day 110	135.13	141	
01/25/2026	Day 111	135.13	141	
01/26/2026	Day 112	135.13	141	
01/27/2026	Day 113	135.13	141	
01/28/2026	Day 114	135.13	141	
01/29/2026	Day 115	135.13	141	
01/30/2026	Day 116	135.13	141	
01/31/2026	Day 117	135.13	141	
02/01/2026	Day 118	135.13	141	
02/02/2026	Day 119	135.13	141	
02/03/2026	Day 120	135.13	141	
02/04/2026	Day 121	135.13	141	
02/05/2026	Day 122	135.13	141	
02/06/2026	Day 123	135.13	141	
02/07/2026	Day 124	135.13	141	
02/08/2026	Day 125	135.13	141	
02/09/2026	Day 126	135.13	141	
02/10/2026	Day 127	135.13	141	
02/11/2026	Day 128	135.13	141	
02/12/2026	Day 129	135.13	141	
02/13/2026	Day 130	135.13	141	
02/14/2026	Day 131	135.13	141	
02/15/2026	Day 132	135.13	141	
02/16/2026	Day 133	135.13	141	
02/17/2026	Day 134	135.13	141	
02/18/2026	Day 135	135.13	141	
02/19/2026	Day 136	135.13	141	
02/20/2026	Day 137	135.13	141	

02/21/2026	Day 138	135.13	141	
02/22/2026	Day 139	135.13	141	
02/23/2026	Day 140	135.13	141	
02/24/2026	Day 141	135.13	141	
02/25/2026	Day 142	135.13	141	
02/26/2026	Day 143	135.13	141	
02/27/2026	Day 144	135.13	141	
02/28/2026	Day 145	135.13	141	
03/01/2026	Day 146	135.13	141	
03/02/2026	Day 147	135.13	141	
03/03/2026	Day 148	135.13	141	
03/04/2026	Day 149	135.13	141	
03/05/2026	Day 150	135.13	141	
03/06/2026	Day 151	135.13	141	
03/07/2026	Day 152	135.13	141	
03/08/2026	Day 153	135.13	141	
03/09/2026	Day 154	135.13	141	
03/10/2026	Day 155	135.13	141	
03/11/2026	Day 156	135.13	141	
03/12/2026	Day 157	135.13	141	
03/13/2026	Day 158	135.13	141	
03/14/2026	Day 159	135.13	141	
03/15/2026	Day 160	135.13	141	
03/16/2026	Day 161	135.13	141	
03/17/2026	Day 162	135.13	141	
03/18/2026	Day 163	135.13	141	
03/19/2026	Day 164	135.13	141	
03/20/2026	Day 165	135.13	141	
03/21/2026	Day 166	135.13	141	

03/22/2026	Day 167	135.13	141	
03/23/2026	Day 168	135.13	141	
03/24/2026	Day 169	135.13	141	
Minimum wrestling weight locked				
03/25/2026	Day 170	135.13	141	