

# Weight Loss Plan

NWCA Wrestling Weight Certification

**Jayden Charleston - Henry Ford College**

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

📊 Initial weight: **257.5 lbs**     📅 Weight loss per week: **3.90 lbs**     Minimum weight class: **184**

Minimum weight: **181.25**

Date		Actual Eligible Weight	Eligible Weight Class	Actual Weight
10/06/2025	Initial Assessment	257.50	285	257.50
10/07/2025	Day 1	256.94	285	
10/08/2025	Day 2	256.39	285	
10/09/2025	Day 3	255.83	285	
10/10/2025	Day 4	255.27	285	
10/11/2025	Day 5	254.72	285	
10/12/2025	Day 6	254.16	285	
10/13/2025	Day 7	253.60	285	
10/14/2025	Day 8	253.04	285	
10/15/2025	Day 9	252.49	285	
10/16/2025	Day 10	251.93	285	
10/17/2025	Day 11	251.37	285	
10/18/2025	Day 12	250.82	285	
10/19/2025	Day 13	250.26	285	
10/20/2025	Day 14	249.70	285	
10/21/2025	Day 15	249.15	285	
10/22/2025	Day 16	248.59	285	
10/23/2025	Day 17	248.03	285	
10/24/2025	Day 18	247.47	285	
10/25/2025	Day 19	246.92	285	
10/26/2025	Day 20	246.36	285	
10/27/2025	Day 21	245.80	285	
10/28/2025	Day 22	245.25	285	
10/29/2025	Day 23	244.69	285	
10/30/2025	Day 24	244.13	285	

10/31/2025	Day 25	243.57	285	
11/01/2025	Day 26	243.02	285	
11/02/2025	Day 27	242.46	285	
11/03/2025	Day 28	241.90	285	
11/04/2025	Day 29	241.35	285	
11/05/2025	Day 30	240.79	285	
11/06/2025	Day 31	240.23	285	
11/07/2025	Day 32	239.68	285	
11/08/2025	Day 33	239.12	285	
11/09/2025	Day 34	238.56	285	
11/10/2025	Day 35	238.00	285	
11/11/2025	Day 36	237.45	285	
11/12/2025	Day 37	236.89	285	
11/13/2025	Day 38	236.33	285	
11/14/2025	Day 39	235.78	285	
11/15/2025	Day 40	235.22	285	
11/16/2025	Day 41	234.66	285	
11/17/2025	Day 42	234.11	285	
11/18/2025	Day 43	233.55	285	
11/19/2025	Day 44	232.99	285	
11/20/2025	Day 45	232.44	285	
11/21/2025	Day 46	231.88	285	
11/22/2025	Day 47	231.32	285	
11/23/2025	Day 48	230.76	285	
11/24/2025	Day 49	230.21	285	
11/25/2025	Day 50	229.65	285	
11/26/2025	Day 51	229.09	285	
11/27/2025	Day 52	228.54	285	
11/28/2025	Day 53	227.98	285	
11/29/2025	Day 54	227.42	285	
11/30/2025	Day 55	226.87	285	
12/01/2025	Day 56	226.31	285	
12/02/2025	Day 57	225.75	285	

12/03/2025	Day 58	225.19	285	
12/04/2025	Day 59	224.64	285	
12/05/2025	Day 60	224.08	285	
12/06/2025	Day 61	223.52	285	
12/07/2025	Day 62	222.97	285	
12/08/2025	Day 63	222.41	285	
12/09/2025	Day 64	221.85	285	
12/10/2025	Day 65	221.29	285	
12/11/2025	Day 66	220.74	285	
12/12/2025	Day 67	220.18	285	
12/13/2025	Day 68	219.62	285	
12/14/2025	Day 69	219.07	285	
12/15/2025	Day 70	218.51	285	
12/16/2025	Day 71	217.95	285	
12/17/2025	Day 72	217.40	285	
12/18/2025	Day 73	216.84	285	
12/19/2025	Day 74	216.28	285	
12/20/2025	Day 75	215.72	285	
12/21/2025	Day 76	215.17	285	
12/22/2025	Day 77	214.61	285	
12/23/2025	Day 78	214.05	285	
12/24/2025	Day 79	213.50	285	
12/25/2025	Day 80	212.94	285	
12/26/2025	Day 81	212.38	285	
12/27/2025	Day 82	211.83	285	
12/28/2025	Day 83	211.27	285	
12/29/2025	Day 84	210.71	285	
12/30/2025	Day 85	210.16	285	
12/31/2025	Day 86	209.60	285	
01/01/2026	Day 87	209.04	285	
01/02/2026	Day 88	208.48	285	
01/03/2026	Day 89	207.93	285	
01/04/2026	Day 90	207.37	285	

01/05/2026	Day 91	206.81	285	
01/06/2026	Day 92	206.26	285	
01/07/2026	Day 93	205.70	285	
01/08/2026	Day 94	205.14	285	
01/09/2026	Day 95	204.59	285	
01/10/2026	Day 96	204.03	285	
01/11/2026	Day 97	203.47	285	
01/12/2026	Day 98	202.91	285	
01/13/2026	Day 99	202.36	285	
01/14/2026	Day 100	201.80	285	
01/15/2026	Day 101	201.24	285	
01/16/2026	Day 102	200.69	285	
01/17/2026	Day 103	200.13	285	
01/18/2026	Day 104	199.57	285	
01/19/2026	Day 105	199.01	285	
01/20/2026	Day 106	198.46	285	
01/21/2026	Day 107	197.90	285	
01/22/2026	Day 108	197.34	285	
01/23/2026	Day 109	196.79	197	
01/24/2026	Day 110	196.23	197	
01/25/2026	Day 111	195.67	197	
01/26/2026	Day 112	195.12	197	
01/27/2026	Day 113	194.56	197	
01/28/2026	Day 114	194.00	197	
01/29/2026	Day 115	193.44	197	
01/30/2026	Day 116	192.89	197	
01/31/2026	Day 117	192.33	197	
02/01/2026	Day 118	191.77	197	
02/02/2026	Day 119	191.22	197	
02/03/2026	Day 120	190.66	197	
02/04/2026	Day 121	190.10	197	
02/05/2026	Day 122	189.55	197	
02/06/2026	Day 123	188.99	197	

02/07/2026	Day 124	188.43	197	
02/08/2026	Day 125	187.88	197	
02/09/2026	Day 126	187.32	197	
02/10/2026	Day 127	186.76	197	
02/11/2026	Day 128	186.20	197	
02/12/2026	Day 129	185.65	197	
02/13/2026	Day 130	185.09	197	
02/14/2026	Day 131	184.53	197	
02/15/2026	Day 132	183.98	184	
02/16/2026	Day 133	183.42	184	
02/17/2026	Day 134	182.86	184	
02/18/2026	Day 135	182.31	184	
02/19/2026	Day 136	181.75	184	
02/20/2026	Day 137	181.25	184	
02/21/2026	Day 138	181.25	184	
02/22/2026	Day 139	181.25	184	
02/23/2026	Day 140	181.25	184	
02/24/2026	Day 141	181.25	184	
02/25/2026	Day 142	181.25	184	
02/26/2026	Day 143	181.25	184	
02/27/2026	Day 144	181.25	184	
02/28/2026	Day 145	181.25	184	
03/01/2026	Day 146	181.25	184	
03/02/2026	Day 147	181.25	184	
03/03/2026	Day 148	181.25	184	
03/04/2026	Day 149	181.25	184	
03/05/2026	Day 150	181.25	184	
03/06/2026	Day 151	181.25	184	
03/07/2026	Day 152	181.25	184	
03/08/2026	Day 153	181.25	184	
03/09/2026	Day 154	181.25	184	
03/10/2026	Day 155	181.25	184	
03/11/2026	Day 156	181.25	184	

03/12/2026	Day 157	181.25	184	
03/13/2026	Day 158	181.25	184	
03/14/2026	Day 159	181.25	184	
03/15/2026	Day 160	181.25	184	
03/16/2026	Day 161	181.25	184	
03/17/2026	Day 162	181.25	184	
03/18/2026	Day 163	181.25	184	
03/19/2026	Day 164	181.25	184	
03/20/2026	Day 165	181.25	184	
03/21/2026	Day 166	181.25	184	
03/22/2026	Day 167	181.25	184	
03/23/2026	Day 168	181.25	184	
03/24/2026	Day 169	181.25	184	
Minimum wrestling weight locked				
03/25/2026	Day 170	181.25	184	