

# Weight Loss Plan

NWCA Wrestling Weight Certification

**KJ Humphrey - Henry Ford College**

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

📖 Initial weight: **267.2 lbs**      📅 Weight loss per week: **4.00 lbs**

Minimum weight class: **174**      Minimum weight: **172.34**

Date		Actual Eligible Weight	Eligible Weight Class	Actual Weight
10/10/2025	Initial Assessment	267.20	285	267.20
10/11/2025	Day 1	266.63	285	
10/12/2025	Day 2	266.06	285	
10/13/2025	Day 3	265.49	285	
10/14/2025	Day 4	264.92	285	
10/15/2025	Day 5	264.35	285	
10/16/2025	Day 6	263.77	285	
10/17/2025	Day 7	263.20	285	
10/18/2025	Day 8	262.63	285	
10/19/2025	Day 9	262.06	285	
10/20/2025	Day 10	261.49	285	
10/21/2025	Day 11	260.92	285	
10/22/2025	Day 12	260.35	285	
10/23/2025	Day 13	259.78	285	
10/24/2025	Day 14	259.21	285	
10/25/2025	Day 15	258.63	285	
10/26/2025	Day 16	258.06	285	
10/27/2025	Day 17	257.49	285	
10/28/2025	Day 18	256.92	285	
10/29/2025	Day 19	256.35	285	
10/30/2025	Day 20	255.78	285	
10/31/2025	Day 21	255.21	285	

11/01/2025	Day 22	254.64	285	
11/02/2025	Day 23	254.07	285	
11/03/2025	Day 24	253.50	285	
11/04/2025	Day 25	252.93	285	
11/05/2025	Day 26	252.35	285	
11/06/2025	Day 27	251.78	285	
11/07/2025	Day 28	251.21	285	
11/08/2025	Day 29	250.64	285	
11/09/2025	Day 30	250.07	285	
11/10/2025	Day 31	249.50	285	
11/11/2025	Day 32	248.93	285	
11/12/2025	Day 33	248.36	285	
11/13/2025	Day 34	247.79	285	
11/14/2025	Day 35	247.22	285	
11/15/2025	Day 36	246.64	285	
11/16/2025	Day 37	246.07	285	
11/17/2025	Day 38	245.50	285	
11/18/2025	Day 39	244.93	285	
11/19/2025	Day 40	244.36	285	
11/20/2025	Day 41	243.79	285	
11/21/2025	Day 42	243.22	285	
11/22/2025	Day 43	242.65	285	
11/23/2025	Day 44	242.08	285	
11/24/2025	Day 45	241.50	285	
11/25/2025	Day 46	240.93	285	
11/26/2025	Day 47	240.36	285	
11/27/2025	Day 48	239.79	285	
11/28/2025	Day 49	239.22	285	
11/29/2025	Day 50	238.65	285	
11/30/2025	Day 51	238.08	285	

12/01/2025	Day 52	237.51	285	
12/02/2025	Day 53	236.94	285	
12/03/2025	Day 54	236.37	285	
12/04/2025	Day 55	235.79	285	
12/05/2025	Day 56	235.22	285	
12/06/2025	Day 57	234.65	285	
12/07/2025	Day 58	234.08	285	
12/08/2025	Day 59	233.51	285	
12/09/2025	Day 60	232.94	285	
12/10/2025	Day 61	232.37	285	
12/11/2025	Day 62	231.80	285	
12/12/2025	Day 63	231.23	285	
12/13/2025	Day 64	230.66	285	
12/14/2025	Day 65	230.09	285	
12/15/2025	Day 66	229.51	285	
12/16/2025	Day 67	228.94	285	
12/17/2025	Day 68	228.37	285	
12/18/2025	Day 69	227.80	285	
12/19/2025	Day 70	227.23	285	
12/20/2025	Day 71	226.66	285	
12/21/2025	Day 72	226.09	285	
12/22/2025	Day 73	225.52	285	
12/23/2025	Day 74	224.95	285	
12/24/2025	Day 75	224.38	285	
12/25/2025	Day 76	223.80	285	
12/26/2025	Day 77	223.23	285	
12/27/2025	Day 78	222.66	285	
12/28/2025	Day 79	222.09	285	
12/29/2025	Day 80	221.52	285	
12/30/2025	Day 81	220.95	285	

12/31/2025	Day 82	220.38	285	
01/01/2026	Day 83	219.81	285	
01/02/2026	Day 84	219.24	285	
01/03/2026	Day 85	218.66	285	
01/04/2026	Day 86	218.09	285	
01/05/2026	Day 87	217.52	285	
01/06/2026	Day 88	216.95	285	
01/07/2026	Day 89	216.38	285	
01/08/2026	Day 90	215.81	285	
01/09/2026	Day 91	215.24	285	
01/10/2026	Day 92	214.67	285	
01/11/2026	Day 93	214.10	285	
01/12/2026	Day 94	213.53	285	
01/13/2026	Day 95	212.96	285	
01/14/2026	Day 96	212.38	285	
01/15/2026	Day 97	211.81	285	
01/16/2026	Day 98	211.24	285	
01/17/2026	Day 99	210.67	285	
01/18/2026	Day 100	210.10	285	
01/19/2026	Day 101	209.53	285	
01/20/2026	Day 102	208.96	285	
01/21/2026	Day 103	208.39	285	
01/22/2026	Day 104	207.82	285	
01/23/2026	Day 105	207.25	285	
01/24/2026	Day 106	206.67	285	
01/25/2026	Day 107	206.10	285	
01/26/2026	Day 108	205.53	285	
01/27/2026	Day 109	204.96	285	
01/28/2026	Day 110	204.39	285	
01/29/2026	Day 111	203.82	285	

01/30/2026	Day 112	203.25	285	
01/31/2026	Day 113	202.68	285	
02/01/2026	Day 114	202.11	285	
02/02/2026	Day 115	201.53	285	
02/03/2026	Day 116	200.96	285	
02/04/2026	Day 117	200.39	285	
02/05/2026	Day 118	199.82	285	
02/06/2026	Day 119	199.25	285	
02/07/2026	Day 120	198.68	285	
02/08/2026	Day 121	198.11	285	
02/09/2026	Day 122	197.54	285	
02/10/2026	Day 123	196.97	197	
02/11/2026	Day 124	196.40	197	
02/12/2026	Day 125	195.82	197	
02/13/2026	Day 126	195.25	197	
02/14/2026	Day 127	194.68	197	
02/15/2026	Day 128	194.11	197	
02/16/2026	Day 129	193.54	197	
02/17/2026	Day 130	192.97	197	
02/18/2026	Day 131	192.40	197	
02/19/2026	Day 132	191.83	197	
02/20/2026	Day 133	191.26	197	
02/21/2026	Day 134	190.69	197	
02/22/2026	Day 135	190.12	197	
02/23/2026	Day 136	189.54	197	
02/24/2026	Day 137	188.97	197	
02/25/2026	Day 138	188.40	197	
02/26/2026	Day 139	187.83	197	
02/27/2026	Day 140	187.26	197	
02/28/2026	Day 141	186.69	197	

03/01/2026	Day 142	186.12	197	
03/02/2026	Day 143	185.55	197	
03/03/2026	Day 144	184.98	197	
03/04/2026	Day 145	184.41	197	
03/05/2026	Day 146	183.83	184	
03/06/2026	Day 147	183.26	184	
03/07/2026	Day 148	182.69	184	
03/08/2026	Day 149	182.12	184	
03/09/2026	Day 150	181.55	184	
03/10/2026	Day 151	180.98	184	
03/11/2026	Day 152	180.41	184	
03/12/2026	Day 153	179.84	184	
03/13/2026	Day 154	179.27	184	
03/14/2026	Day 155	178.69	184	
03/15/2026	Day 156	178.12	184	
03/16/2026	Day 157	177.55	184	
03/17/2026	Day 158	176.98	184	
03/18/2026	Day 159	176.41	184	
03/19/2026	Day 160	175.84	184	
03/20/2026	Day 161	175.27	184	
03/21/2026	Day 162	174.70	184	
03/22/2026	Day 163	174.13	184	
03/23/2026	Day 164	173.56	174	
03/24/2026	Day 165	172.99	174	
Minimum wrestling weight locked				
03/25/2026	Day 166	172.41	174	