

# Weight Loss Plan

NWCA Wrestling Weight Certification

**Luke Gittens - Henry Ford College**

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

📊 Initial weight: **150.2 lbs**    📅 Weight loss per week: **2.30 lbs**    Minimum weight class: **141**

Minimum weight: **139.97**

Date		Actual Eligible Weight	Eligible Weight Class	Actual Weight
10/06/2025	Initial Assessment	150.20	157	150.20
10/07/2025	Day 1	149.87	157	
10/08/2025	Day 2	149.54	157	
10/09/2025	Day 3	149.21	157	
10/10/2025	Day 4	148.88	149	
10/11/2025	Day 5	148.56	149	
10/12/2025	Day 6	148.23	149	
10/13/2025	Day 7	147.90	149	
10/14/2025	Day 8	147.57	149	
10/15/2025	Day 9	147.24	149	
10/16/2025	Day 10	146.91	149	
10/17/2025	Day 11	146.58	149	
10/18/2025	Day 12	146.25	149	
10/19/2025	Day 13	145.92	149	
10/20/2025	Day 14	145.59	149	
10/21/2025	Day 15	145.26	149	
10/22/2025	Day 16	144.94	149	
10/23/2025	Day 17	144.61	149	
10/24/2025	Day 18	144.28	149	
10/25/2025	Day 19	143.95	149	
10/26/2025	Day 20	143.62	149	
10/27/2025	Day 21	143.29	149	
10/28/2025	Day 22	142.96	149	
10/29/2025	Day 23	142.63	149	
10/30/2025	Day 24	142.30	149	

10/31/2025	Day 25	141.97	149	
11/01/2025	Day 26	141.65	149	
11/02/2025	Day 27	141.32	149	
11/03/2025	Day 28	140.99	141	
11/04/2025	Day 29	140.66	141	
11/05/2025	Day 30	140.33	141	
11/06/2025	Day 31	140.00	141	
11/07/2025	Day 32	139.97	141	
11/08/2025	Day 33	139.97	141	
11/09/2025	Day 34	139.97	141	
11/10/2025	Day 35	139.97	141	
11/11/2025	Day 36	139.97	141	
11/12/2025	Day 37	139.97	141	
11/13/2025	Day 38	139.97	141	
11/14/2025	Day 39	139.97	141	
11/15/2025	Day 40	139.97	141	
11/16/2025	Day 41	139.97	141	
11/17/2025	Day 42	139.97	141	
11/18/2025	Day 43	139.97	141	
11/19/2025	Day 44	139.97	141	
11/20/2025	Day 45	139.97	141	
11/21/2025	Day 46	139.97	141	
11/22/2025	Day 47	139.97	141	
11/23/2025	Day 48	139.97	141	
11/24/2025	Day 49	139.97	141	
11/25/2025	Day 50	139.97	141	
11/26/2025	Day 51	139.97	141	
11/27/2025	Day 52	139.97	141	
11/28/2025	Day 53	139.97	141	
11/29/2025	Day 54	139.97	141	
11/30/2025	Day 55	139.97	141	
12/01/2025	Day 56	139.97	141	
12/02/2025	Day 57	139.97	141	

12/03/2025	Day 58	139.97	141	
12/04/2025	Day 59	139.97	141	
12/05/2025	Day 60	139.97	141	
12/06/2025	Day 61	139.97	141	
12/07/2025	Day 62	139.97	141	
12/08/2025	Day 63	139.97	141	
12/09/2025	Day 64	139.97	141	
12/10/2025	Day 65	139.97	141	
12/11/2025	Day 66	139.97	141	
12/12/2025	Day 67	139.97	141	
12/13/2025	Day 68	139.97	141	
12/14/2025	Day 69	139.97	141	
12/15/2025	Day 70	139.97	141	
12/16/2025	Day 71	139.97	141	
12/17/2025	Day 72	139.97	141	
12/18/2025	Day 73	139.97	141	
12/19/2025	Day 74	139.97	141	
12/20/2025	Day 75	139.97	141	
12/21/2025	Day 76	139.97	141	
12/22/2025	Day 77	139.97	141	
12/23/2025	Day 78	139.97	141	
12/24/2025	Day 79	139.97	141	
12/25/2025	Day 80	139.97	141	
12/26/2025	Day 81	139.97	141	
12/27/2025	Day 82	139.97	141	
12/28/2025	Day 83	139.97	141	
12/29/2025	Day 84	139.97	141	
12/30/2025	Day 85	139.97	141	
12/31/2025	Day 86	139.97	141	
01/01/2026	Day 87	139.97	141	
01/02/2026	Day 88	139.97	141	
01/03/2026	Day 89	139.97	141	
01/04/2026	Day 90	139.97	141	

01/05/2026	Day 91	139.97	141	
01/06/2026	Day 92	139.97	141	
01/07/2026	Day 93	139.97	141	
01/08/2026	Day 94	139.97	141	
01/09/2026	Day 95	139.97	141	
01/10/2026	Day 96	139.97	141	
01/11/2026	Day 97	139.97	141	
01/12/2026	Day 98	139.97	141	
01/13/2026	Day 99	139.97	141	
01/14/2026	Day 100	139.97	141	
01/15/2026	Day 101	139.97	141	
01/16/2026	Day 102	139.97	141	
01/17/2026	Day 103	139.97	141	
01/18/2026	Day 104	139.97	141	
01/19/2026	Day 105	139.97	141	
01/20/2026	Day 106	139.97	141	
01/21/2026	Day 107	139.97	141	
01/22/2026	Day 108	139.97	141	
01/23/2026	Day 109	139.97	141	
01/24/2026	Day 110	139.97	141	
01/25/2026	Day 111	139.97	141	
01/26/2026	Day 112	139.97	141	
01/27/2026	Day 113	139.97	141	
01/28/2026	Day 114	139.97	141	
01/29/2026	Day 115	139.97	141	
01/30/2026	Day 116	139.97	141	
01/31/2026	Day 117	139.97	141	
02/01/2026	Day 118	139.97	141	
02/02/2026	Day 119	139.97	141	
02/03/2026	Day 120	139.97	141	
02/04/2026	Day 121	139.97	141	
02/05/2026	Day 122	139.97	141	
02/06/2026	Day 123	139.97	141	

02/07/2026	Day 124	139.97	141	
02/08/2026	Day 125	139.97	141	
02/09/2026	Day 126	139.97	141	
02/10/2026	Day 127	139.97	141	
02/11/2026	Day 128	139.97	141	
02/12/2026	Day 129	139.97	141	
02/13/2026	Day 130	139.97	141	
02/14/2026	Day 131	139.97	141	
02/15/2026	Day 132	139.97	141	
02/16/2026	Day 133	139.97	141	
02/17/2026	Day 134	139.97	141	
02/18/2026	Day 135	139.97	141	
02/19/2026	Day 136	139.97	141	
02/20/2026	Day 137	139.97	141	
02/21/2026	Day 138	139.97	141	
02/22/2026	Day 139	139.97	141	
02/23/2026	Day 140	139.97	141	
02/24/2026	Day 141	139.97	141	
02/25/2026	Day 142	139.97	141	
02/26/2026	Day 143	139.97	141	
02/27/2026	Day 144	139.97	141	
02/28/2026	Day 145	139.97	141	
03/01/2026	Day 146	139.97	141	
03/02/2026	Day 147	139.97	141	
03/03/2026	Day 148	139.97	141	
03/04/2026	Day 149	139.97	141	
03/05/2026	Day 150	139.97	141	
03/06/2026	Day 151	139.97	141	
03/07/2026	Day 152	139.97	141	
03/08/2026	Day 153	139.97	141	
03/09/2026	Day 154	139.97	141	
03/10/2026	Day 155	139.97	141	
03/11/2026	Day 156	139.97	141	

03/12/2026	Day 157	139.97	141	
03/13/2026	Day 158	139.97	141	
03/14/2026	Day 159	139.97	141	
03/15/2026	Day 160	139.97	141	
03/16/2026	Day 161	139.97	141	
03/17/2026	Day 162	139.97	141	
03/18/2026	Day 163	139.97	141	
03/19/2026	Day 164	139.97	141	
03/20/2026	Day 165	139.97	141	
03/21/2026	Day 166	139.97	141	
03/22/2026	Day 167	139.97	141	
03/23/2026	Day 168	139.97	141	
03/24/2026	Day 169	139.97	141	
Minimum wrestling weight locked				
03/25/2026	Day 170	139.97	141	