

# Weight Loss Plan

NWCA Wrestling Weight Certification

**Malachi Rodriguez - Henry Ford College**

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

📖 Initial weight: **169.2 lbs**      📅 Weight loss per week: **2.50 lbs**

Minimum weight class: **149**      Minimum weight: **142.73**

Date		Actual Eligible Weight	Eligible Weight Class	Actual Weight
10/10/2025	Initial Assessment	169.20	174	169.20
10/11/2025	Day 1	168.84	174	
10/12/2025	Day 2	168.49	174	
10/13/2025	Day 3	168.13	174	
10/14/2025	Day 4	167.77	174	
10/15/2025	Day 5	167.41	174	
10/16/2025	Day 6	167.06	174	
10/17/2025	Day 7	166.70	174	
10/18/2025	Day 8	166.34	174	
10/19/2025	Day 9	165.99	174	
10/20/2025	Day 10	165.63	174	
10/21/2025	Day 11	165.27	174	
10/22/2025	Day 12	164.92	165	
10/23/2025	Day 13	164.56	165	
10/24/2025	Day 14	164.20	165	
10/25/2025	Day 15	163.84	165	
10/26/2025	Day 16	163.49	165	
10/27/2025	Day 17	163.13	165	
10/28/2025	Day 18	162.77	165	
10/29/2025	Day 19	162.42	165	
10/30/2025	Day 20	162.06	165	
10/31/2025	Day 21	161.70	165	

11/01/2025	Day 22	161.35	165	
11/02/2025	Day 23	160.99	165	
11/03/2025	Day 24	160.63	165	
11/04/2025	Day 25	160.28	165	
11/05/2025	Day 26	159.92	165	
11/06/2025	Day 27	159.56	165	
11/07/2025	Day 28	159.20	165	
11/08/2025	Day 29	158.85	165	
11/09/2025	Day 30	158.49	165	
11/10/2025	Day 31	158.13	165	
11/11/2025	Day 32	157.78	165	
11/12/2025	Day 33	157.42	165	
11/13/2025	Day 34	157.06	165	
11/14/2025	Day 35	156.71	157	
11/15/2025	Day 36	156.35	157	
11/16/2025	Day 37	155.99	157	
11/17/2025	Day 38	155.63	157	
11/18/2025	Day 39	155.28	157	
11/19/2025	Day 40	154.92	157	
11/20/2025	Day 41	154.56	157	
11/21/2025	Day 42	154.21	157	
11/22/2025	Day 43	153.85	157	
11/23/2025	Day 44	153.49	157	
11/24/2025	Day 45	153.13	157	
11/25/2025	Day 46	152.78	157	
11/26/2025	Day 47	152.42	157	
11/27/2025	Day 48	152.06	157	
11/28/2025	Day 49	151.71	157	
11/29/2025	Day 50	151.35	157	
11/30/2025	Day 51	150.99	157	

12/01/2025	Day 52	150.64	157	
12/02/2025	Day 53	150.28	157	
12/03/2025	Day 54	149.92	157	
12/04/2025	Day 55	149.56	157	
12/05/2025	Day 56	149.21	157	
12/06/2025	Day 57	148.85	149	
12/07/2025	Day 58	148.49	149	
12/08/2025	Day 59	148.14	149	
12/09/2025	Day 60	147.78	149	
12/10/2025	Day 61	147.42	149	
12/11/2025	Day 62	147.07	149	
12/12/2025	Day 63	146.71	149	
12/13/2025	Day 64	146.35	149	
12/14/2025	Day 65	146.00	149	
12/15/2025	Day 66	145.64	149	
12/16/2025	Day 67	145.28	149	
12/17/2025	Day 68	144.92	149	
12/18/2025	Day 69	144.57	149	
12/19/2025	Day 70	144.21	149	
12/20/2025	Day 71	143.85	149	
12/21/2025	Day 72	143.50	149	
12/22/2025	Day 73	143.14	149	
12/23/2025	Day 74	142.78	149	
12/24/2025	Day 75	142.73	149	
12/25/2025	Day 76	142.73	149	
12/26/2025	Day 77	142.73	149	
12/27/2025	Day 78	142.73	149	
12/28/2025	Day 79	142.73	149	
12/29/2025	Day 80	142.73	149	
12/30/2025	Day 81	142.73	149	

12/31/2025	Day 82	142.73	149	
01/01/2026	Day 83	142.73	149	
01/02/2026	Day 84	142.73	149	
01/03/2026	Day 85	142.73	149	
01/04/2026	Day 86	142.73	149	
01/05/2026	Day 87	142.73	149	
01/06/2026	Day 88	142.73	149	
01/07/2026	Day 89	142.73	149	
01/08/2026	Day 90	142.73	149	
01/09/2026	Day 91	142.73	149	
01/10/2026	Day 92	142.73	149	
01/11/2026	Day 93	142.73	149	
01/12/2026	Day 94	142.73	149	
01/13/2026	Day 95	142.73	149	
01/14/2026	Day 96	142.73	149	
01/15/2026	Day 97	142.73	149	
01/16/2026	Day 98	142.73	149	
01/17/2026	Day 99	142.73	149	
01/18/2026	Day 100	142.73	149	
01/19/2026	Day 101	142.73	149	
01/20/2026	Day 102	142.73	149	
01/21/2026	Day 103	142.73	149	
01/22/2026	Day 104	142.73	149	
01/23/2026	Day 105	142.73	149	
01/24/2026	Day 106	142.73	149	
01/25/2026	Day 107	142.73	149	
01/26/2026	Day 108	142.73	149	
01/27/2026	Day 109	142.73	149	
01/28/2026	Day 110	142.73	149	
01/29/2026	Day 111	142.73	149	

01/30/2026	Day 112	142.73	149	
01/31/2026	Day 113	142.73	149	
02/01/2026	Day 114	142.73	149	
02/02/2026	Day 115	142.73	149	
02/03/2026	Day 116	142.73	149	
02/04/2026	Day 117	142.73	149	
02/05/2026	Day 118	142.73	149	
02/06/2026	Day 119	142.73	149	
02/07/2026	Day 120	142.73	149	
02/08/2026	Day 121	142.73	149	
02/09/2026	Day 122	142.73	149	
02/10/2026	Day 123	142.73	149	
02/11/2026	Day 124	142.73	149	
02/12/2026	Day 125	142.73	149	
02/13/2026	Day 126	142.73	149	
02/14/2026	Day 127	142.73	149	
02/15/2026	Day 128	142.73	149	
02/16/2026	Day 129	142.73	149	
02/17/2026	Day 130	142.73	149	
02/18/2026	Day 131	142.73	149	
02/19/2026	Day 132	142.73	149	
02/20/2026	Day 133	142.73	149	
02/21/2026	Day 134	142.73	149	
02/22/2026	Day 135	142.73	149	
02/23/2026	Day 136	142.73	149	
02/24/2026	Day 137	142.73	149	
02/25/2026	Day 138	142.73	149	
02/26/2026	Day 139	142.73	149	
02/27/2026	Day 140	142.73	149	
02/28/2026	Day 141	142.73	149	

03/01/2026	Day 142	142.73	149	
03/02/2026	Day 143	142.73	149	
03/03/2026	Day 144	142.73	149	
03/04/2026	Day 145	142.73	149	
03/05/2026	Day 146	142.73	149	
03/06/2026	Day 147	142.73	149	
03/07/2026	Day 148	142.73	149	
03/08/2026	Day 149	142.73	149	
03/09/2026	Day 150	142.73	149	
03/10/2026	Day 151	142.73	149	
03/11/2026	Day 152	142.73	149	
03/12/2026	Day 153	142.73	149	
03/13/2026	Day 154	142.73	149	
03/14/2026	Day 155	142.73	149	
03/15/2026	Day 156	142.73	149	
03/16/2026	Day 157	142.73	149	
03/17/2026	Day 158	142.73	149	
03/18/2026	Day 159	142.73	149	
03/19/2026	Day 160	142.73	149	
03/20/2026	Day 161	142.73	149	
03/21/2026	Day 162	142.73	149	
03/22/2026	Day 163	142.73	149	
03/23/2026	Day 164	142.73	149	
03/24/2026	Day 165	142.73	149	
Minimum wrestling weight locked				
03/25/2026	Day 166	142.73	149	