


# Weight Loss Plan

NWCA Wrestling Weight Certification

**Michael Bowden - Henry Ford College**

 Initial weight: **158.7 lbs**     Weight loss per week: **2.40 lbs**    Minimum weight class: **149**

Minimum weight: **147.39**

Date		Actual Eligible Weight	Eligible Weight Class	Actual Weight
10/16/2025	Initial Assessment	158.70	165	158.70
10/17/2025	Day 1	158.36	165	
10/18/2025	Day 2	158.01	165	
10/19/2025	Day 3	157.67	165	
10/20/2025	Day 4	157.33	165	
10/21/2025	Day 5	156.99	157	
10/22/2025	Day 6	156.64	157	
10/23/2025	Day 7	156.30	157	
10/24/2025	Day 8	155.96	157	
10/25/2025	Day 9	155.61	157	
10/26/2025	Day 10	155.27	157	
10/27/2025	Day 11	154.93	157	
10/28/2025	Day 12	154.58	157	
10/29/2025	Day 13	154.24	157	
10/30/2025	Day 14	153.90	157	
10/31/2025	Day 15	153.56	157	
11/01/2025	Day 16	153.21	157	
11/02/2025	Day 17	152.87	157	
11/03/2025	Day 18	152.53	157	
11/04/2025	Day 19	152.18	157	
11/05/2025	Day 20	151.84	157	
11/06/2025	Day 21	151.50	157	
11/07/2025	Day 22	151.15	157	
11/08/2025	Day 23	150.81	157	
11/09/2025	Day 24	150.47	157	
11/10/2025	Day 25	150.13	157	

11/11/2025	Day 26	149.78	157	
11/12/2025	Day 27	149.44	157	
11/13/2025	Day 28	149.10	157	
11/14/2025	Day 29	148.75	149	
11/15/2025	Day 30	148.41	149	
11/16/2025	Day 31	148.07	149	
11/17/2025	Day 32	147.72	149	
11/18/2025	Day 33	147.39	149	
11/19/2025	Day 34	147.39	149	
11/20/2025	Day 35	147.39	149	
11/21/2025	Day 36	147.39	149	
11/22/2025	Day 37	147.39	149	
11/23/2025	Day 38	147.39	149	
11/24/2025	Day 39	147.39	149	
11/25/2025	Day 40	147.39	149	
11/26/2025	Day 41	147.39	149	
11/27/2025	Day 42	147.39	149	
11/28/2025	Day 43	147.39	149	
11/29/2025	Day 44	147.39	149	
11/30/2025	Day 45	147.39	149	
12/01/2025	Day 46	147.39	149	
12/02/2025	Day 47	147.39	149	
12/03/2025	Day 48	147.39	149	
12/04/2025	Day 49	147.39	149	
12/05/2025	Day 50	147.39	149	
12/06/2025	Day 51	147.39	149	
12/07/2025	Day 52	147.39	149	
12/08/2025	Day 53	147.39	149	
12/09/2025	Day 54	147.39	149	
12/10/2025	Day 55	147.39	149	
12/11/2025	Day 56	147.39	149	
12/12/2025	Day 57	147.39	149	
12/13/2025	Day 58	147.39	149	

12/14/2025	Day 59	147.39	149	
12/15/2025	Day 60	147.39	149	
12/16/2025	Day 61	147.39	149	
12/17/2025	Day 62	147.39	149	
12/18/2025	Day 63	147.39	149	
12/19/2025	Day 64	147.39	149	
12/20/2025	Day 65	147.39	149	
12/21/2025	Day 66	147.39	149	
12/22/2025	Day 67	147.39	149	
12/23/2025	Day 68	147.39	149	
12/24/2025	Day 69	147.39	149	
12/25/2025	Day 70	147.39	149	
12/26/2025	Day 71	147.39	149	
12/27/2025	Day 72	147.39	149	
12/28/2025	Day 73	147.39	149	
12/29/2025	Day 74	147.39	149	
12/30/2025	Day 75	147.39	149	
12/31/2025	Day 76	147.39	149	
01/01/2026	Day 77	147.39	149	
01/02/2026	Day 78	147.39	149	
01/03/2026	Day 79	147.39	149	
01/04/2026	Day 80	147.39	149	
01/05/2026	Day 81	147.39	149	
01/06/2026	Day 82	147.39	149	
01/07/2026	Day 83	147.39	149	
01/08/2026	Day 84	147.39	149	
01/09/2026	Day 85	147.39	149	
01/10/2026	Day 86	147.39	149	
01/11/2026	Day 87	147.39	149	
01/12/2026	Day 88	147.39	149	
01/13/2026	Day 89	147.39	149	
01/14/2026	Day 90	147.39	149	
01/15/2026	Day 91	147.39	149	

01/16/2026	Day 92	147.39	149	
01/17/2026	Day 93	147.39	149	
01/18/2026	Day 94	147.39	149	
01/19/2026	Day 95	147.39	149	
01/20/2026	Day 96	147.39	149	
01/21/2026	Day 97	147.39	149	
01/22/2026	Day 98	147.39	149	
01/23/2026	Day 99	147.39	149	
01/24/2026	Day 100	147.39	149	
01/25/2026	Day 101	147.39	149	
01/26/2026	Day 102	147.39	149	
01/27/2026	Day 103	147.39	149	
01/28/2026	Day 104	147.39	149	
01/29/2026	Day 105	147.39	149	
01/30/2026	Day 106	147.39	149	
01/31/2026	Day 107	147.39	149	
02/01/2026	Day 108	147.39	149	
02/02/2026	Day 109	147.39	149	
02/03/2026	Day 110	147.39	149	
02/04/2026	Day 111	147.39	149	
02/05/2026	Day 112	147.39	149	
02/06/2026	Day 113	147.39	149	
02/07/2026	Day 114	147.39	149	
02/08/2026	Day 115	147.39	149	
02/09/2026	Day 116	147.39	149	
02/10/2026	Day 117	147.39	149	
02/11/2026	Day 118	147.39	149	
02/12/2026	Day 119	147.39	149	
02/13/2026	Day 120	147.39	149	
02/14/2026	Day 121	147.39	149	
02/15/2026	Day 122	147.39	149	
02/16/2026	Day 123	147.39	149	
02/17/2026	Day 124	147.39	149	

02/18/2026	Day 125	147.39	149	
02/19/2026	Day 126	147.39	149	
02/20/2026	Day 127	147.39	149	
02/21/2026	Day 128	147.39	149	
02/22/2026	Day 129	147.39	149	
02/23/2026	Day 130	147.39	149	
02/24/2026	Day 131	147.39	149	
02/25/2026	Day 132	147.39	149	
02/26/2026	Day 133	147.39	149	
02/27/2026	Day 134	147.39	149	
02/28/2026	Day 135	147.39	149	
03/01/2026	Day 136	147.39	149	
03/02/2026	Day 137	147.39	149	
03/03/2026	Day 138	147.39	149	
03/04/2026	Day 139	147.39	149	
03/05/2026	Day 140	147.39	149	
03/06/2026	Day 141	147.39	149	
03/07/2026	Day 142	147.39	149	
03/08/2026	Day 143	147.39	149	
03/09/2026	Day 144	147.39	149	
03/10/2026	Day 145	147.39	149	
03/11/2026	Day 146	147.39	149	
03/12/2026	Day 147	147.39	149	
03/13/2026	Day 148	147.39	149	
03/14/2026	Day 149	147.39	149	
03/15/2026	Day 150	147.39	149	
03/16/2026	Day 151	147.39	149	
03/17/2026	Day 152	147.39	149	
03/18/2026	Day 153	147.39	149	
03/19/2026	Day 154	147.39	149	
03/20/2026	Day 155	147.39	149	
03/21/2026	Day 156	147.39	149	
03/22/2026	Day 157	147.39	149	

03/23/2026	Day 158	147.39	149	
03/24/2026	Day 159	147.39	149	
Minimum wrestling weight locked				
03/25/2026	Day 160	147.39	149	