

# Weight Loss Plan

NWCA Wrestling Weight Certification

**Robert Armstrong - Henry Ford College**

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

📊 Initial weight: **186.3 lbs**    📅 Weight loss per week: **2.80 lbs**    Minimum weight class: **174**

Minimum weight: **167.69**

Date		Actual Eligible Weight	Eligible Weight Class	Actual Weight
10/06/2025	Initial Assessment	186.30	197	186.30
10/07/2025	Day 1	185.90	197	
10/08/2025	Day 2	185.50	197	
10/09/2025	Day 3	185.10	197	
10/10/2025	Day 4	184.70	197	
10/11/2025	Day 5	184.30	197	
10/12/2025	Day 6	183.90	184	
10/13/2025	Day 7	183.50	184	
10/14/2025	Day 8	183.10	184	
10/15/2025	Day 9	182.70	184	
10/16/2025	Day 10	182.30	184	
10/17/2025	Day 11	181.90	184	
10/18/2025	Day 12	181.50	184	
10/19/2025	Day 13	181.10	184	
10/20/2025	Day 14	180.70	184	
10/21/2025	Day 15	180.30	184	
10/22/2025	Day 16	179.90	184	
10/23/2025	Day 17	179.50	184	
10/24/2025	Day 18	179.10	184	
10/25/2025	Day 19	178.70	184	
10/26/2025	Day 20	178.30	184	
10/27/2025	Day 21	177.90	184	
10/28/2025	Day 22	177.50	184	
10/29/2025	Day 23	177.10	184	
10/30/2025	Day 24	176.70	184	

10/31/2025	Day 25	176.30	184	
11/01/2025	Day 26	175.90	184	
11/02/2025	Day 27	175.50	184	
11/03/2025	Day 28	175.10	184	
11/04/2025	Day 29	174.70	184	
11/05/2025	Day 30	174.30	184	
11/06/2025	Day 31	173.90	174	
11/07/2025	Day 32	173.50	174	
11/08/2025	Day 33	173.10	174	
11/09/2025	Day 34	172.70	174	
11/10/2025	Day 35	172.30	174	
11/11/2025	Day 36	171.90	174	
11/12/2025	Day 37	171.50	174	
11/13/2025	Day 38	171.10	174	
11/14/2025	Day 39	170.70	174	
11/15/2025	Day 40	170.30	174	
11/16/2025	Day 41	169.90	174	
11/17/2025	Day 42	169.50	174	
11/18/2025	Day 43	169.10	174	
11/19/2025	Day 44	168.70	174	
11/20/2025	Day 45	168.30	174	
11/21/2025	Day 46	167.90	174	
11/22/2025	Day 47	167.69	174	
11/23/2025	Day 48	167.69	174	
11/24/2025	Day 49	167.69	174	
11/25/2025	Day 50	167.69	174	
11/26/2025	Day 51	167.69	174	
11/27/2025	Day 52	167.69	174	
11/28/2025	Day 53	167.69	174	
11/29/2025	Day 54	167.69	174	
11/30/2025	Day 55	167.69	174	
12/01/2025	Day 56	167.69	174	
12/02/2025	Day 57	167.69	174	

12/03/2025	Day 58	167.69	174	
12/04/2025	Day 59	167.69	174	
12/05/2025	Day 60	167.69	174	
12/06/2025	Day 61	167.69	174	
12/07/2025	Day 62	167.69	174	
12/08/2025	Day 63	167.69	174	
12/09/2025	Day 64	167.69	174	
12/10/2025	Day 65	167.69	174	
12/11/2025	Day 66	167.69	174	
12/12/2025	Day 67	167.69	174	
12/13/2025	Day 68	167.69	174	
12/14/2025	Day 69	167.69	174	
12/15/2025	Day 70	167.69	174	
12/16/2025	Day 71	167.69	174	
12/17/2025	Day 72	167.69	174	
12/18/2025	Day 73	167.69	174	
12/19/2025	Day 74	167.69	174	
12/20/2025	Day 75	167.69	174	
12/21/2025	Day 76	167.69	174	
12/22/2025	Day 77	167.69	174	
12/23/2025	Day 78	167.69	174	
12/24/2025	Day 79	167.69	174	
12/25/2025	Day 80	167.69	174	
12/26/2025	Day 81	167.69	174	
12/27/2025	Day 82	167.69	174	
12/28/2025	Day 83	167.69	174	
12/29/2025	Day 84	167.69	174	
12/30/2025	Day 85	167.69	174	
12/31/2025	Day 86	167.69	174	
01/01/2026	Day 87	167.69	174	
01/02/2026	Day 88	167.69	174	
01/03/2026	Day 89	167.69	174	
01/04/2026	Day 90	167.69	174	

01/05/2026	Day 91	167.69	174	
01/06/2026	Day 92	167.69	174	
01/07/2026	Day 93	167.69	174	
01/08/2026	Day 94	167.69	174	
01/09/2026	Day 95	167.69	174	
01/10/2026	Day 96	167.69	174	
01/11/2026	Day 97	167.69	174	
01/12/2026	Day 98	167.69	174	
01/13/2026	Day 99	167.69	174	
01/14/2026	Day 100	167.69	174	
01/15/2026	Day 101	167.69	174	
01/16/2026	Day 102	167.69	174	
01/17/2026	Day 103	167.69	174	
01/18/2026	Day 104	167.69	174	
01/19/2026	Day 105	167.69	174	
01/20/2026	Day 106	167.69	174	
01/21/2026	Day 107	167.69	174	
01/22/2026	Day 108	167.69	174	
01/23/2026	Day 109	167.69	174	
01/24/2026	Day 110	167.69	174	
01/25/2026	Day 111	167.69	174	
01/26/2026	Day 112	167.69	174	
01/27/2026	Day 113	167.69	174	
01/28/2026	Day 114	167.69	174	
01/29/2026	Day 115	167.69	174	
01/30/2026	Day 116	167.69	174	
01/31/2026	Day 117	167.69	174	
02/01/2026	Day 118	167.69	174	
02/02/2026	Day 119	167.69	174	
02/03/2026	Day 120	167.69	174	
02/04/2026	Day 121	167.69	174	
02/05/2026	Day 122	167.69	174	
02/06/2026	Day 123	167.69	174	

02/07/2026	Day 124	167.69	174	
02/08/2026	Day 125	167.69	174	
02/09/2026	Day 126	167.69	174	
02/10/2026	Day 127	167.69	174	
02/11/2026	Day 128	167.69	174	
02/12/2026	Day 129	167.69	174	
02/13/2026	Day 130	167.69	174	
02/14/2026	Day 131	167.69	174	
02/15/2026	Day 132	167.69	174	
02/16/2026	Day 133	167.69	174	
02/17/2026	Day 134	167.69	174	
02/18/2026	Day 135	167.69	174	
02/19/2026	Day 136	167.69	174	
02/20/2026	Day 137	167.69	174	
02/21/2026	Day 138	167.69	174	
02/22/2026	Day 139	167.69	174	
02/23/2026	Day 140	167.69	174	
02/24/2026	Day 141	167.69	174	
02/25/2026	Day 142	167.69	174	
02/26/2026	Day 143	167.69	174	
02/27/2026	Day 144	167.69	174	
02/28/2026	Day 145	167.69	174	
03/01/2026	Day 146	167.69	174	
03/02/2026	Day 147	167.69	174	
03/03/2026	Day 148	167.69	174	
03/04/2026	Day 149	167.69	174	
03/05/2026	Day 150	167.69	174	
03/06/2026	Day 151	167.69	174	
03/07/2026	Day 152	167.69	174	
03/08/2026	Day 153	167.69	174	
03/09/2026	Day 154	167.69	174	
03/10/2026	Day 155	167.69	174	
03/11/2026	Day 156	167.69	174	

03/12/2026	Day 157	167.69	174	
03/13/2026	Day 158	167.69	174	
03/14/2026	Day 159	167.69	174	
03/15/2026	Day 160	167.69	174	
03/16/2026	Day 161	167.69	174	
03/17/2026	Day 162	167.69	174	
03/18/2026	Day 163	167.69	174	
03/19/2026	Day 164	167.69	174	
03/20/2026	Day 165	167.69	174	
03/21/2026	Day 166	167.69	174	
03/22/2026	Day 167	167.69	174	
03/23/2026	Day 168	167.69	174	
03/24/2026	Day 169	167.69	174	
Minimum wrestling weight locked				
03/25/2026	Day 170	167.69	174	