

Weight Loss Plan

NWCA Wrestling Weight Certification

Sean King - Henry Ford College

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

📊 Initial weight: **159.2 lbs** 📅 Weight loss per week: **2.40 lbs** Minimum weight class: **149**

Minimum weight: **148.36**

Date		Actual Eligible Weight	Eligible Weight Class	Actual Weight
10/06/2025	Initial Assessment	159.20	165	159.20
10/07/2025	Day 1	158.86	165	
10/08/2025	Day 2	158.51	165	
10/09/2025	Day 3	158.17	165	
10/10/2025	Day 4	157.83	165	
10/11/2025	Day 5	157.49	165	
10/12/2025	Day 6	157.14	165	
10/13/2025	Day 7	156.80	157	
10/14/2025	Day 8	156.46	157	
10/15/2025	Day 9	156.11	157	
10/16/2025	Day 10	155.77	157	
10/17/2025	Day 11	155.43	157	
10/18/2025	Day 12	155.08	157	
10/19/2025	Day 13	154.74	157	
10/20/2025	Day 14	154.40	157	
10/21/2025	Day 15	154.06	157	
10/22/2025	Day 16	153.71	157	
10/23/2025	Day 17	153.37	157	
10/24/2025	Day 18	153.03	157	
10/25/2025	Day 19	152.68	157	
10/26/2025	Day 20	152.34	157	
10/27/2025	Day 21	152.00	157	
10/28/2025	Day 22	151.65	157	
10/29/2025	Day 23	151.31	157	
10/30/2025	Day 24	150.97	157	

10/31/2025	Day 25	150.63	157	
11/01/2025	Day 26	150.28	157	
11/02/2025	Day 27	149.94	157	
11/03/2025	Day 28	149.60	157	
11/04/2025	Day 29	149.25	157	
11/05/2025	Day 30	148.91	149	
11/06/2025	Day 31	148.57	149	
11/07/2025	Day 32	148.36	149	
11/08/2025	Day 33	148.36	149	
11/09/2025	Day 34	148.36	149	
11/10/2025	Day 35	148.36	149	
11/11/2025	Day 36	148.36	149	
11/12/2025	Day 37	148.36	149	
11/13/2025	Day 38	148.36	149	
11/14/2025	Day 39	148.36	149	
11/15/2025	Day 40	148.36	149	
11/16/2025	Day 41	148.36	149	
11/17/2025	Day 42	148.36	149	
11/18/2025	Day 43	148.36	149	
11/19/2025	Day 44	148.36	149	
11/20/2025	Day 45	148.36	149	
11/21/2025	Day 46	148.36	149	
11/22/2025	Day 47	148.36	149	
11/23/2025	Day 48	148.36	149	
11/24/2025	Day 49	148.36	149	
11/25/2025	Day 50	148.36	149	
11/26/2025	Day 51	148.36	149	
11/27/2025	Day 52	148.36	149	
11/28/2025	Day 53	148.36	149	
11/29/2025	Day 54	148.36	149	
11/30/2025	Day 55	148.36	149	
12/01/2025	Day 56	148.36	149	
12/02/2025	Day 57	148.36	149	

12/03/2025	Day 58	148.36	149	
12/04/2025	Day 59	148.36	149	
12/05/2025	Day 60	148.36	149	
12/06/2025	Day 61	148.36	149	
12/07/2025	Day 62	148.36	149	
12/08/2025	Day 63	148.36	149	
12/09/2025	Day 64	148.36	149	
12/10/2025	Day 65	148.36	149	
12/11/2025	Day 66	148.36	149	
12/12/2025	Day 67	148.36	149	
12/13/2025	Day 68	148.36	149	
12/14/2025	Day 69	148.36	149	
12/15/2025	Day 70	148.36	149	
12/16/2025	Day 71	148.36	149	
12/17/2025	Day 72	148.36	149	
12/18/2025	Day 73	148.36	149	
12/19/2025	Day 74	148.36	149	
12/20/2025	Day 75	148.36	149	
12/21/2025	Day 76	148.36	149	
12/22/2025	Day 77	148.36	149	
12/23/2025	Day 78	148.36	149	
12/24/2025	Day 79	148.36	149	
12/25/2025	Day 80	148.36	149	
12/26/2025	Day 81	148.36	149	
12/27/2025	Day 82	148.36	149	
12/28/2025	Day 83	148.36	149	
12/29/2025	Day 84	148.36	149	
12/30/2025	Day 85	148.36	149	
12/31/2025	Day 86	148.36	149	
01/01/2026	Day 87	148.36	149	
01/02/2026	Day 88	148.36	149	
01/03/2026	Day 89	148.36	149	
01/04/2026	Day 90	148.36	149	

01/05/2026	Day 91	148.36	149	
01/06/2026	Day 92	148.36	149	
01/07/2026	Day 93	148.36	149	
01/08/2026	Day 94	148.36	149	
01/09/2026	Day 95	148.36	149	
01/10/2026	Day 96	148.36	149	
01/11/2026	Day 97	148.36	149	
01/12/2026	Day 98	148.36	149	
01/13/2026	Day 99	148.36	149	
01/14/2026	Day 100	148.36	149	
01/15/2026	Day 101	148.36	149	
01/16/2026	Day 102	148.36	149	
01/17/2026	Day 103	148.36	149	
01/18/2026	Day 104	148.36	149	
01/19/2026	Day 105	148.36	149	
01/20/2026	Day 106	148.36	149	
01/21/2026	Day 107	148.36	149	
01/22/2026	Day 108	148.36	149	
01/23/2026	Day 109	148.36	149	
01/24/2026	Day 110	148.36	149	
01/25/2026	Day 111	148.36	149	
01/26/2026	Day 112	148.36	149	
01/27/2026	Day 113	148.36	149	
01/28/2026	Day 114	148.36	149	
01/29/2026	Day 115	148.36	149	
01/30/2026	Day 116	148.36	149	
01/31/2026	Day 117	148.36	149	
02/01/2026	Day 118	148.36	149	
02/02/2026	Day 119	148.36	149	
02/03/2026	Day 120	148.36	149	
02/04/2026	Day 121	148.36	149	
02/05/2026	Day 122	148.36	149	
02/06/2026	Day 123	148.36	149	

02/07/2026	Day 124	148.36	149	
02/08/2026	Day 125	148.36	149	
02/09/2026	Day 126	148.36	149	
02/10/2026	Day 127	148.36	149	
02/11/2026	Day 128	148.36	149	
02/12/2026	Day 129	148.36	149	
02/13/2026	Day 130	148.36	149	
02/14/2026	Day 131	148.36	149	
02/15/2026	Day 132	148.36	149	
02/16/2026	Day 133	148.36	149	
02/17/2026	Day 134	148.36	149	
02/18/2026	Day 135	148.36	149	
02/19/2026	Day 136	148.36	149	
02/20/2026	Day 137	148.36	149	
02/21/2026	Day 138	148.36	149	
02/22/2026	Day 139	148.36	149	
02/23/2026	Day 140	148.36	149	
02/24/2026	Day 141	148.36	149	
02/25/2026	Day 142	148.36	149	
02/26/2026	Day 143	148.36	149	
02/27/2026	Day 144	148.36	149	
02/28/2026	Day 145	148.36	149	
03/01/2026	Day 146	148.36	149	
03/02/2026	Day 147	148.36	149	
03/03/2026	Day 148	148.36	149	
03/04/2026	Day 149	148.36	149	
03/05/2026	Day 150	148.36	149	
03/06/2026	Day 151	148.36	149	
03/07/2026	Day 152	148.36	149	
03/08/2026	Day 153	148.36	149	
03/09/2026	Day 154	148.36	149	
03/10/2026	Day 155	148.36	149	
03/11/2026	Day 156	148.36	149	

03/12/2026	Day 157	148.36	149	
03/13/2026	Day 158	148.36	149	
03/14/2026	Day 159	148.36	149	
03/15/2026	Day 160	148.36	149	
03/16/2026	Day 161	148.36	149	
03/17/2026	Day 162	148.36	149	
03/18/2026	Day 163	148.36	149	
03/19/2026	Day 164	148.36	149	
03/20/2026	Day 165	148.36	149	
03/21/2026	Day 166	148.36	149	
03/22/2026	Day 167	148.36	149	
03/23/2026	Day 168	148.36	149	
03/24/2026	Day 169	148.36	149	
Minimum wrestling weight locked				
03/25/2026	Day 170	148.36	149	