



Weight Loss Plan

NWCA Wrestling Weight Certification

Vicente Navarro - Henry Ford College

 Initial weight: **135.3 lbs**  Weight loss per week: **2.00 lbs** Minimum weight class: **133**

Minimum weight: **128.25**

| Date | | Actual Eligible Weight | Eligible Weight Class | Actual Weight |
|------------|--------------------|------------------------|-----------------------|---------------|
| 10/16/2025 | Initial Assessment | 135.30 | 141 | 135.30 |
| 10/17/2025 | Day 1 | 135.01 | 141 | |
| 10/18/2025 | Day 2 | 134.73 | 141 | |
| 10/19/2025 | Day 3 | 134.44 | 141 | |
| 10/20/2025 | Day 4 | 134.16 | 141 | |
| 10/21/2025 | Day 5 | 133.87 | 141 | |
| 10/22/2025 | Day 6 | 133.58 | 141 | |
| 10/23/2025 | Day 7 | 133.30 | 141 | |
| 10/24/2025 | Day 8 | 133.01 | 141 | |
| 10/25/2025 | Day 9 | 132.73 | 133 | |
| 10/26/2025 | Day 10 | 132.44 | 133 | |
| 10/27/2025 | Day 11 | 132.15 | 133 | |
| 10/28/2025 | Day 12 | 131.87 | 133 | |
| 10/29/2025 | Day 13 | 131.58 | 133 | |
| 10/30/2025 | Day 14 | 131.30 | 133 | |
| 10/31/2025 | Day 15 | 131.01 | 133 | |
| 11/01/2025 | Day 16 | 130.72 | 133 | |
| 11/02/2025 | Day 17 | 130.44 | 133 | |
| 11/03/2025 | Day 18 | 130.15 | 133 | |
| 11/04/2025 | Day 19 | 129.87 | 133 | |
| 11/05/2025 | Day 20 | 129.58 | 133 | |
| 11/06/2025 | Day 21 | 129.29 | 133 | |
| 11/07/2025 | Day 22 | 129.01 | 133 | |
| 11/08/2025 | Day 23 | 128.72 | 133 | |
| 11/09/2025 | Day 24 | 128.44 | 133 | |
| 11/10/2025 | Day 25 | 128.25 | 133 | |

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| 11/11/2025 | Day 26 | 128.25 | 133 | |
| 11/12/2025 | Day 27 | 128.25 | 133 | |
| 11/13/2025 | Day 28 | 128.25 | 133 | |
| 11/14/2025 | Day 29 | 128.25 | 133 | |
| 11/15/2025 | Day 30 | 128.25 | 133 | |
| 11/16/2025 | Day 31 | 128.25 | 133 | |
| 11/17/2025 | Day 32 | 128.25 | 133 | |
| 11/18/2025 | Day 33 | 128.25 | 133 | |
| 11/19/2025 | Day 34 | 128.25 | 133 | |
| 11/20/2025 | Day 35 | 128.25 | 133 | |
| 11/21/2025 | Day 36 | 128.25 | 133 | |
| 11/22/2025 | Day 37 | 128.25 | 133 | |
| 11/23/2025 | Day 38 | 128.25 | 133 | |
| 11/24/2025 | Day 39 | 128.25 | 133 | |
| 11/25/2025 | Day 40 | 128.25 | 133 | |
| 11/26/2025 | Day 41 | 128.25 | 133 | |
| 11/27/2025 | Day 42 | 128.25 | 133 | |
| 11/28/2025 | Day 43 | 128.25 | 133 | |
| 11/29/2025 | Day 44 | 128.25 | 133 | |
| 11/30/2025 | Day 45 | 128.25 | 133 | |
| 12/01/2025 | Day 46 | 128.25 | 133 | |
| 12/02/2025 | Day 47 | 128.25 | 133 | |
| 12/03/2025 | Day 48 | 128.25 | 133 | |
| 12/04/2025 | Day 49 | 128.25 | 133 | |
| 12/05/2025 | Day 50 | 128.25 | 133 | |
| 12/06/2025 | Day 51 | 128.25 | 133 | |
| 12/07/2025 | Day 52 | 128.25 | 133 | |
| 12/08/2025 | Day 53 | 128.25 | 133 | |
| 12/09/2025 | Day 54 | 128.25 | 133 | |
| 12/10/2025 | Day 55 | 128.25 | 133 | |
| 12/11/2025 | Day 56 | 128.25 | 133 | |
| 12/12/2025 | Day 57 | 128.25 | 133 | |
| 12/13/2025 | Day 58 | 128.25 | 133 | |

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| 12/14/2025 | Day 59 | 128.25 | 133 | |
| 12/15/2025 | Day 60 | 128.25 | 133 | |
| 12/16/2025 | Day 61 | 128.25 | 133 | |
| 12/17/2025 | Day 62 | 128.25 | 133 | |
| 12/18/2025 | Day 63 | 128.25 | 133 | |
| 12/19/2025 | Day 64 | 128.25 | 133 | |
| 12/20/2025 | Day 65 | 128.25 | 133 | |
| 12/21/2025 | Day 66 | 128.25 | 133 | |
| 12/22/2025 | Day 67 | 128.25 | 133 | |
| 12/23/2025 | Day 68 | 128.25 | 133 | |
| 12/24/2025 | Day 69 | 128.25 | 133 | |
| 12/25/2025 | Day 70 | 128.25 | 133 | |
| 12/26/2025 | Day 71 | 128.25 | 133 | |
| 12/27/2025 | Day 72 | 128.25 | 133 | |
| 12/28/2025 | Day 73 | 128.25 | 133 | |
| 12/29/2025 | Day 74 | 128.25 | 133 | |
| 12/30/2025 | Day 75 | 128.25 | 133 | |
| 12/31/2025 | Day 76 | 128.25 | 133 | |
| 01/01/2026 | Day 77 | 128.25 | 133 | |
| 01/02/2026 | Day 78 | 128.25 | 133 | |
| 01/03/2026 | Day 79 | 128.25 | 133 | |
| 01/04/2026 | Day 80 | 128.25 | 133 | |
| 01/05/2026 | Day 81 | 128.25 | 133 | |
| 01/06/2026 | Day 82 | 128.25 | 133 | |
| 01/07/2026 | Day 83 | 128.25 | 133 | |
| 01/08/2026 | Day 84 | 128.25 | 133 | |
| 01/09/2026 | Day 85 | 128.25 | 133 | |
| 01/10/2026 | Day 86 | 128.25 | 133 | |
| 01/11/2026 | Day 87 | 128.25 | 133 | |
| 01/12/2026 | Day 88 | 128.25 | 133 | |
| 01/13/2026 | Day 89 | 128.25 | 133 | |
| 01/14/2026 | Day 90 | 128.25 | 133 | |
| 01/15/2026 | Day 91 | 128.25 | 133 | |

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|------------|---------|--------|-----|--|
| 01/16/2026 | Day 92 | 128.25 | 133 | |
| 01/17/2026 | Day 93 | 128.25 | 133 | |
| 01/18/2026 | Day 94 | 128.25 | 133 | |
| 01/19/2026 | Day 95 | 128.25 | 133 | |
| 01/20/2026 | Day 96 | 128.25 | 133 | |
| 01/21/2026 | Day 97 | 128.25 | 133 | |
| 01/22/2026 | Day 98 | 128.25 | 133 | |
| 01/23/2026 | Day 99 | 128.25 | 133 | |
| 01/24/2026 | Day 100 | 128.25 | 133 | |
| 01/25/2026 | Day 101 | 128.25 | 133 | |
| 01/26/2026 | Day 102 | 128.25 | 133 | |
| 01/27/2026 | Day 103 | 128.25 | 133 | |
| 01/28/2026 | Day 104 | 128.25 | 133 | |
| 01/29/2026 | Day 105 | 128.25 | 133 | |
| 01/30/2026 | Day 106 | 128.25 | 133 | |
| 01/31/2026 | Day 107 | 128.25 | 133 | |
| 02/01/2026 | Day 108 | 128.25 | 133 | |
| 02/02/2026 | Day 109 | 128.25 | 133 | |
| 02/03/2026 | Day 110 | 128.25 | 133 | |
| 02/04/2026 | Day 111 | 128.25 | 133 | |
| 02/05/2026 | Day 112 | 128.25 | 133 | |
| 02/06/2026 | Day 113 | 128.25 | 133 | |
| 02/07/2026 | Day 114 | 128.25 | 133 | |
| 02/08/2026 | Day 115 | 128.25 | 133 | |
| 02/09/2026 | Day 116 | 128.25 | 133 | |
| 02/10/2026 | Day 117 | 128.25 | 133 | |
| 02/11/2026 | Day 118 | 128.25 | 133 | |
| 02/12/2026 | Day 119 | 128.25 | 133 | |
| 02/13/2026 | Day 120 | 128.25 | 133 | |
| 02/14/2026 | Day 121 | 128.25 | 133 | |
| 02/15/2026 | Day 122 | 128.25 | 133 | |
| 02/16/2026 | Day 123 | 128.25 | 133 | |
| 02/17/2026 | Day 124 | 128.25 | 133 | |

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|------------|---------|--------|-----|--|
| 02/18/2026 | Day 125 | 128.25 | 133 | |
| 02/19/2026 | Day 126 | 128.25 | 133 | |
| 02/20/2026 | Day 127 | 128.25 | 133 | |
| 02/21/2026 | Day 128 | 128.25 | 133 | |
| 02/22/2026 | Day 129 | 128.25 | 133 | |
| 02/23/2026 | Day 130 | 128.25 | 133 | |
| 02/24/2026 | Day 131 | 128.25 | 133 | |
| 02/25/2026 | Day 132 | 128.25 | 133 | |
| 02/26/2026 | Day 133 | 128.25 | 133 | |
| 02/27/2026 | Day 134 | 128.25 | 133 | |
| 02/28/2026 | Day 135 | 128.25 | 133 | |
| 03/01/2026 | Day 136 | 128.25 | 133 | |
| 03/02/2026 | Day 137 | 128.25 | 133 | |
| 03/03/2026 | Day 138 | 128.25 | 133 | |
| 03/04/2026 | Day 139 | 128.25 | 133 | |
| 03/05/2026 | Day 140 | 128.25 | 133 | |
| 03/06/2026 | Day 141 | 128.25 | 133 | |
| 03/07/2026 | Day 142 | 128.25 | 133 | |
| 03/08/2026 | Day 143 | 128.25 | 133 | |
| 03/09/2026 | Day 144 | 128.25 | 133 | |
| 03/10/2026 | Day 145 | 128.25 | 133 | |
| 03/11/2026 | Day 146 | 128.25 | 133 | |
| 03/12/2026 | Day 147 | 128.25 | 133 | |
| 03/13/2026 | Day 148 | 128.25 | 133 | |
| 03/14/2026 | Day 149 | 128.25 | 133 | |
| 03/15/2026 | Day 150 | 128.25 | 133 | |
| 03/16/2026 | Day 151 | 128.25 | 133 | |
| 03/17/2026 | Day 152 | 128.25 | 133 | |
| 03/18/2026 | Day 153 | 128.25 | 133 | |
| 03/19/2026 | Day 154 | 128.25 | 133 | |
| 03/20/2026 | Day 155 | 128.25 | 133 | |
| 03/21/2026 | Day 156 | 128.25 | 133 | |
| 03/22/2026 | Day 157 | 128.25 | 133 | |

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| 03/23/2026 | Day 158 | 128.25 | 133 | |
| 03/24/2026 | Day 159 | 128.25 | 133 | |
| Minimum wrestling weight locked | | | | |
| 03/25/2026 | Day 160 | 128.25 | 133 | |