


Weight Loss Plan

NWCA Wrestling Weight Certification

Zaid Alowdi - Henry Ford College

 Initial weight: **127.8 lbs**  Weight loss per week: **1.90 lbs** Minimum weight class: **125**

Minimum weight: **124.84**

Date		Actual Eligible Weight	Eligible Weight Class	Actual Weight
10/16/2025	Initial Assessment	127.80	133	127.80
10/17/2025	Day 1	127.53	133	
10/18/2025	Day 2	127.26	133	
10/19/2025	Day 3	126.99	133	
10/20/2025	Day 4	126.72	133	
10/21/2025	Day 5	126.44	133	
10/22/2025	Day 6	126.17	133	
10/23/2025	Day 7	125.90	133	
10/24/2025	Day 8	125.63	133	
10/25/2025	Day 9	125.36	133	
10/26/2025	Day 10	125.09	133	
10/27/2025	Day 11	124.84	125	
10/28/2025	Day 12	124.84	125	
10/29/2025	Day 13	124.84	125	
10/30/2025	Day 14	124.84	125	
10/31/2025	Day 15	124.84	125	
11/01/2025	Day 16	124.84	125	
11/02/2025	Day 17	124.84	125	
11/03/2025	Day 18	124.84	125	
11/04/2025	Day 19	124.84	125	
11/05/2025	Day 20	124.84	125	
11/06/2025	Day 21	124.84	125	
11/07/2025	Day 22	124.84	125	
11/08/2025	Day 23	124.84	125	
11/09/2025	Day 24	124.84	125	
11/10/2025	Day 25	124.84	125	

11/11/2025	Day 26	124.84	125	
11/12/2025	Day 27	124.84	125	
11/13/2025	Day 28	124.84	125	
11/14/2025	Day 29	124.84	125	
11/15/2025	Day 30	124.84	125	
11/16/2025	Day 31	124.84	125	
11/17/2025	Day 32	124.84	125	
11/18/2025	Day 33	124.84	125	
11/19/2025	Day 34	124.84	125	
11/20/2025	Day 35	124.84	125	
11/21/2025	Day 36	124.84	125	
11/22/2025	Day 37	124.84	125	
11/23/2025	Day 38	124.84	125	
11/24/2025	Day 39	124.84	125	
11/25/2025	Day 40	124.84	125	
11/26/2025	Day 41	124.84	125	
11/27/2025	Day 42	124.84	125	
11/28/2025	Day 43	124.84	125	
11/29/2025	Day 44	124.84	125	
11/30/2025	Day 45	124.84	125	
12/01/2025	Day 46	124.84	125	
12/02/2025	Day 47	124.84	125	
12/03/2025	Day 48	124.84	125	
12/04/2025	Day 49	124.84	125	
12/05/2025	Day 50	124.84	125	
12/06/2025	Day 51	124.84	125	
12/07/2025	Day 52	124.84	125	
12/08/2025	Day 53	124.84	125	
12/09/2025	Day 54	124.84	125	
12/10/2025	Day 55	124.84	125	
12/11/2025	Day 56	124.84	125	
12/12/2025	Day 57	124.84	125	
12/13/2025	Day 58	124.84	125	

12/14/2025	Day 59	124.84	125	
12/15/2025	Day 60	124.84	125	
12/16/2025	Day 61	124.84	125	
12/17/2025	Day 62	124.84	125	
12/18/2025	Day 63	124.84	125	
12/19/2025	Day 64	124.84	125	
12/20/2025	Day 65	124.84	125	
12/21/2025	Day 66	124.84	125	
12/22/2025	Day 67	124.84	125	
12/23/2025	Day 68	124.84	125	
12/24/2025	Day 69	124.84	125	
12/25/2025	Day 70	124.84	125	
12/26/2025	Day 71	124.84	125	
12/27/2025	Day 72	124.84	125	
12/28/2025	Day 73	124.84	125	
12/29/2025	Day 74	124.84	125	
12/30/2025	Day 75	124.84	125	
12/31/2025	Day 76	124.84	125	
01/01/2026	Day 77	124.84	125	
01/02/2026	Day 78	124.84	125	
01/03/2026	Day 79	124.84	125	
01/04/2026	Day 80	124.84	125	
01/05/2026	Day 81	124.84	125	
01/06/2026	Day 82	124.84	125	
01/07/2026	Day 83	124.84	125	
01/08/2026	Day 84	124.84	125	
01/09/2026	Day 85	124.84	125	
01/10/2026	Day 86	124.84	125	
01/11/2026	Day 87	124.84	125	
01/12/2026	Day 88	124.84	125	
01/13/2026	Day 89	124.84	125	
01/14/2026	Day 90	124.84	125	
01/15/2026	Day 91	124.84	125	

01/16/2026	Day 92	124.84	125	
01/17/2026	Day 93	124.84	125	
01/18/2026	Day 94	124.84	125	
01/19/2026	Day 95	124.84	125	
01/20/2026	Day 96	124.84	125	
01/21/2026	Day 97	124.84	125	
01/22/2026	Day 98	124.84	125	
01/23/2026	Day 99	124.84	125	
01/24/2026	Day 100	124.84	125	
01/25/2026	Day 101	124.84	125	
01/26/2026	Day 102	124.84	125	
01/27/2026	Day 103	124.84	125	
01/28/2026	Day 104	124.84	125	
01/29/2026	Day 105	124.84	125	
01/30/2026	Day 106	124.84	125	
01/31/2026	Day 107	124.84	125	
02/01/2026	Day 108	124.84	125	
02/02/2026	Day 109	124.84	125	
02/03/2026	Day 110	124.84	125	
02/04/2026	Day 111	124.84	125	
02/05/2026	Day 112	124.84	125	
02/06/2026	Day 113	124.84	125	
02/07/2026	Day 114	124.84	125	
02/08/2026	Day 115	124.84	125	
02/09/2026	Day 116	124.84	125	
02/10/2026	Day 117	124.84	125	
02/11/2026	Day 118	124.84	125	
02/12/2026	Day 119	124.84	125	
02/13/2026	Day 120	124.84	125	
02/14/2026	Day 121	124.84	125	
02/15/2026	Day 122	124.84	125	
02/16/2026	Day 123	124.84	125	
02/17/2026	Day 124	124.84	125	

02/18/2026	Day 125	124.84	125	
02/19/2026	Day 126	124.84	125	
02/20/2026	Day 127	124.84	125	
02/21/2026	Day 128	124.84	125	
02/22/2026	Day 129	124.84	125	
02/23/2026	Day 130	124.84	125	
02/24/2026	Day 131	124.84	125	
02/25/2026	Day 132	124.84	125	
02/26/2026	Day 133	124.84	125	
02/27/2026	Day 134	124.84	125	
02/28/2026	Day 135	124.84	125	
03/01/2026	Day 136	124.84	125	
03/02/2026	Day 137	124.84	125	
03/03/2026	Day 138	124.84	125	
03/04/2026	Day 139	124.84	125	
03/05/2026	Day 140	124.84	125	
03/06/2026	Day 141	124.84	125	
03/07/2026	Day 142	124.84	125	
03/08/2026	Day 143	124.84	125	
03/09/2026	Day 144	124.84	125	
03/10/2026	Day 145	124.84	125	
03/11/2026	Day 146	124.84	125	
03/12/2026	Day 147	124.84	125	
03/13/2026	Day 148	124.84	125	
03/14/2026	Day 149	124.84	125	
03/15/2026	Day 150	124.84	125	
03/16/2026	Day 151	124.84	125	
03/17/2026	Day 152	124.84	125	
03/18/2026	Day 153	124.84	125	
03/19/2026	Day 154	124.84	125	
03/20/2026	Day 155	124.84	125	
03/21/2026	Day 156	124.84	125	
03/22/2026	Day 157	124.84	125	

03/23/2026	Day 158	124.84	125	
03/24/2026	Day 159	124.84	125	
Minimum wrestling weight locked				
03/25/2026	Day 160	124.84	125	