

Weight Loss Plan

NWCA Wrestling Weight Certification

Zion Armstead - Henry Ford College

 Initial weight: **149.3 lbs**  Weight loss per week: **2.20 lbs** Minimum weight class: **141**

Minimum weight: **135.33**

Date		Actual Eligible Weight	Eligible Weight Class	Actual Weight
10/16/2025	Initial Assessment	149.30	157	149.30
10/17/2025	Day 1	148.99	149	
10/18/2025	Day 2	148.67	149	
10/19/2025	Day 3	148.36	149	
10/20/2025	Day 4	148.04	149	
10/21/2025	Day 5	147.73	149	
10/22/2025	Day 6	147.42	149	
10/23/2025	Day 7	147.10	149	
10/24/2025	Day 8	146.79	149	
10/25/2025	Day 9	146.47	149	
10/26/2025	Day 10	146.16	149	
10/27/2025	Day 11	145.85	149	
10/28/2025	Day 12	145.53	149	
10/29/2025	Day 13	145.22	149	
10/30/2025	Day 14	144.90	149	
10/31/2025	Day 15	144.59	149	
11/01/2025	Day 16	144.28	149	
11/02/2025	Day 17	143.96	149	
11/03/2025	Day 18	143.65	149	
11/04/2025	Day 19	143.33	149	
11/05/2025	Day 20	143.02	149	
11/06/2025	Day 21	142.71	149	
11/07/2025	Day 22	142.39	149	
11/08/2025	Day 23	142.08	149	
11/09/2025	Day 24	141.76	149	
11/10/2025	Day 25	141.45	149	

11/11/2025	Day 26	141.14	149	
11/12/2025	Day 27	140.82	141	
11/13/2025	Day 28	140.51	141	
11/14/2025	Day 29	140.19	141	
11/15/2025	Day 30	139.88	141	
11/16/2025	Day 31	139.57	141	
11/17/2025	Day 32	139.25	141	
11/18/2025	Day 33	138.94	141	
11/19/2025	Day 34	138.62	141	
11/20/2025	Day 35	138.31	141	
11/21/2025	Day 36	138.00	141	
11/22/2025	Day 37	137.68	141	
11/23/2025	Day 38	137.37	141	
11/24/2025	Day 39	137.05	141	
11/25/2025	Day 40	136.74	141	
11/26/2025	Day 41	136.43	141	
11/27/2025	Day 42	136.11	141	
11/28/2025	Day 43	135.80	141	
11/29/2025	Day 44	135.48	141	
11/30/2025	Day 45	135.33	141	
12/01/2025	Day 46	135.33	141	
12/02/2025	Day 47	135.33	141	
12/03/2025	Day 48	135.33	141	
12/04/2025	Day 49	135.33	141	
12/05/2025	Day 50	135.33	141	
12/06/2025	Day 51	135.33	141	
12/07/2025	Day 52	135.33	141	
12/08/2025	Day 53	135.33	141	
12/09/2025	Day 54	135.33	141	
12/10/2025	Day 55	135.33	141	
12/11/2025	Day 56	135.33	141	
12/12/2025	Day 57	135.33	141	
12/13/2025	Day 58	135.33	141	

12/14/2025	Day 59	135.33	141	
12/15/2025	Day 60	135.33	141	
12/16/2025	Day 61	135.33	141	
12/17/2025	Day 62	135.33	141	
12/18/2025	Day 63	135.33	141	
12/19/2025	Day 64	135.33	141	
12/20/2025	Day 65	135.33	141	
12/21/2025	Day 66	135.33	141	
12/22/2025	Day 67	135.33	141	
12/23/2025	Day 68	135.33	141	
12/24/2025	Day 69	135.33	141	
12/25/2025	Day 70	135.33	141	
12/26/2025	Day 71	135.33	141	
12/27/2025	Day 72	135.33	141	
12/28/2025	Day 73	135.33	141	
12/29/2025	Day 74	135.33	141	
12/30/2025	Day 75	135.33	141	
12/31/2025	Day 76	135.33	141	
01/01/2026	Day 77	135.33	141	
01/02/2026	Day 78	135.33	141	
01/03/2026	Day 79	135.33	141	
01/04/2026	Day 80	135.33	141	
01/05/2026	Day 81	135.33	141	
01/06/2026	Day 82	135.33	141	
01/07/2026	Day 83	135.33	141	
01/08/2026	Day 84	135.33	141	
01/09/2026	Day 85	135.33	141	
01/10/2026	Day 86	135.33	141	
01/11/2026	Day 87	135.33	141	
01/12/2026	Day 88	135.33	141	
01/13/2026	Day 89	135.33	141	
01/14/2026	Day 90	135.33	141	
01/15/2026	Day 91	135.33	141	

01/16/2026	Day 92	135.33	141	
01/17/2026	Day 93	135.33	141	
01/18/2026	Day 94	135.33	141	
01/19/2026	Day 95	135.33	141	
01/20/2026	Day 96	135.33	141	
01/21/2026	Day 97	135.33	141	
01/22/2026	Day 98	135.33	141	
01/23/2026	Day 99	135.33	141	
01/24/2026	Day 100	135.33	141	
01/25/2026	Day 101	135.33	141	
01/26/2026	Day 102	135.33	141	
01/27/2026	Day 103	135.33	141	
01/28/2026	Day 104	135.33	141	
01/29/2026	Day 105	135.33	141	
01/30/2026	Day 106	135.33	141	
01/31/2026	Day 107	135.33	141	
02/01/2026	Day 108	135.33	141	
02/02/2026	Day 109	135.33	141	
02/03/2026	Day 110	135.33	141	
02/04/2026	Day 111	135.33	141	
02/05/2026	Day 112	135.33	141	
02/06/2026	Day 113	135.33	141	
02/07/2026	Day 114	135.33	141	
02/08/2026	Day 115	135.33	141	
02/09/2026	Day 116	135.33	141	
02/10/2026	Day 117	135.33	141	
02/11/2026	Day 118	135.33	141	
02/12/2026	Day 119	135.33	141	
02/13/2026	Day 120	135.33	141	
02/14/2026	Day 121	135.33	141	
02/15/2026	Day 122	135.33	141	
02/16/2026	Day 123	135.33	141	
02/17/2026	Day 124	135.33	141	

02/18/2026	Day 125	135.33	141	
02/19/2026	Day 126	135.33	141	
02/20/2026	Day 127	135.33	141	
02/21/2026	Day 128	135.33	141	
02/22/2026	Day 129	135.33	141	
02/23/2026	Day 130	135.33	141	
02/24/2026	Day 131	135.33	141	
02/25/2026	Day 132	135.33	141	
02/26/2026	Day 133	135.33	141	
02/27/2026	Day 134	135.33	141	
02/28/2026	Day 135	135.33	141	
03/01/2026	Day 136	135.33	141	
03/02/2026	Day 137	135.33	141	
03/03/2026	Day 138	135.33	141	
03/04/2026	Day 139	135.33	141	
03/05/2026	Day 140	135.33	141	
03/06/2026	Day 141	135.33	141	
03/07/2026	Day 142	135.33	141	
03/08/2026	Day 143	135.33	141	
03/09/2026	Day 144	135.33	141	
03/10/2026	Day 145	135.33	141	
03/11/2026	Day 146	135.33	141	
03/12/2026	Day 147	135.33	141	
03/13/2026	Day 148	135.33	141	
03/14/2026	Day 149	135.33	141	
03/15/2026	Day 150	135.33	141	
03/16/2026	Day 151	135.33	141	
03/17/2026	Day 152	135.33	141	
03/18/2026	Day 153	135.33	141	
03/19/2026	Day 154	135.33	141	
03/20/2026	Day 155	135.33	141	
03/21/2026	Day 156	135.33	141	
03/22/2026	Day 157	135.33	141	

03/23/2026	Day 158	135.33	141	
03/24/2026	Day 159	135.33	141	
Minimum wrestling weight locked				
03/25/2026	Day 160	135.33	141	