

Date		Actual Eligible Weight	Eligible Weight Class	Actual Weight
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### Keith Baldwin - Henry Ford College

 Initial weight: **147.7 lbs**       Weight loss per week: **2.20 lbs**

Minimum weight class: **141**      Minimum weight: **141.00**

09/27/2018	Initial Assessment	147.70	149	147.70
09/28/2018	Day 1	147.40	149	
09/29/2018	Day 2	147.10	149	
09/30/2018	Day 3	146.80	149	
10/01/2018	Day 4	146.40	149	
10/02/2018	Day 5	146.10	149	
10/03/2018	Day 6	145.80	149	
10/04/2018	Day 7	145.50	149	
10/05/2018	Day 8	145.20	149	
10/06/2018	Day 9	144.90	149	
10/07/2018	Day 10	144.60	149	
10/08/2018	Day 11	144.20	149	
10/09/2018	Day 12	143.90	149	
10/10/2018	Day 13	143.60	149	
10/11/2018	Day 14	143.30	149	
10/12/2018	Day 15	143.00	149	
10/13/2018	Day 16	142.70	149	
10/14/2018	Day 17	142.40	149	
10/15/2018	Day 18	142.00	149	
10/16/2018	Day 19	141.70	149	
10/17/2018	Day 20	141.40	149	
10/18/2018	Day 21	141.10	149	
10/19/2018	Day 22	141.00	141	
10/20/2018	Day 23	141.00	141	

Date		Actual Eligible Weight	Eligible Weight Class	Actual Weight
10/23/2018	Day 26	141.00	141	
10/24/2018	Day 27	141.00	141	
10/25/2018	Day 28	141.00	141	
10/26/2018	Day 29	141.00	141	
10/27/2018	Day 30	141.00	141	
10/28/2018	Day 31	141.00	141	
10/29/2018	Day 32	141.00	141	
10/30/2018	Day 33	141.00	141	
10/31/2018	Day 34	141.00	141	
11/01/2018	Day 35	141.00	141	
11/02/2018	Day 36	141.00	141	
11/03/2018	Day 37	141.00	141	148.40
11/04/2018	Day 38	148.10	149	
11/05/2018	Day 39	147.80	149	
11/06/2018	Day 40	147.50	149	
11/07/2018	Day 41	147.10	149	
11/08/2018	Day 42	146.80	149	
11/09/2018	Day 43	146.50	149	
11/10/2018	Day 44	146.20	149	
11/11/2018	Day 45	145.90	149	
11/12/2018	Day 46	145.60	149	
11/13/2018	Day 47	145.30	149	
11/14/2018	Day 48	144.90	149	
11/15/2018	Day 49	144.60	149	
11/16/2018	Day 50	144.30	149	
11/17/2018	Day 51	144.00	149	
11/18/2018	Day 52	143.70	149	
11/19/2018	Day 53	143.40	149	

Date		Actual Eligible Weight	Eligible Weight Class	Actual Weight
11/22/2018	Day 56	142.40	149	
11/23/2018	Day 57	142.10	149	
11/24/2018	Day 58	141.80	149	
11/25/2018	Day 59	141.50	149	
11/26/2018	Day 60	141.20	149	
11/27/2018	Day 61	141.00	141	
11/28/2018	Day 62	141.00	141	
11/29/2018	Day 63	141.00	141	
11/30/2018	Day 64	141.00	141	
12/01/2018	Day 65	141.00	141	
12/02/2018	Day 66	141.00	141	
12/03/2018	Day 67	141.00	141	
12/04/2018	Day 68	141.00	141	
12/05/2018	Day 69	141.00	141	
12/06/2018	Day 70	141.00	141	
12/07/2018	Day 71	141.00	141	
12/08/2018	Day 72	141.00	141	
12/09/2018	Day 73	141.00	141	
12/10/2018	Day 74	141.00	141	
12/11/2018	Day 75	141.00	141	
12/12/2018	Day 76	141.00	141	
12/13/2018	Day 77	141.00	141	
12/14/2018	Day 78	141.00	141	
12/15/2018	Day 79	141.00	141	
12/16/2018	Day 80	141.00	141	
12/17/2018	Day 81	141.00	141	
12/18/2018	Day 82	141.00	141	
12/19/2018	Day 83	141.00	141	

Date		Actual Eligible Weight	Eligible Weight Class	Actual Weight
12/22/2018	Day 86	141.00	141	
12/23/2018	Day 87	141.00	141	
12/24/2018	Day 88	141.00	141	
12/25/2018	Day 89	141.00	141	
12/26/2018	Day 90	141.00	141	
12/27/2018	Day 91	141.00	141	
12/28/2018	Day 92	141.00	141	
12/29/2018	Day 93	141.00	141	
12/30/2018	Day 94	141.00	141	
12/31/2018	Day 95	141.00	141	
01/01/2019	Day 96	141.00	141	
01/02/2019	Day 97	141.00	141	
01/03/2019	Day 98	141.00	141	
01/04/2019	Day 99	141.00	141	
01/05/2019	Day 100	141.00	141	
01/06/2019	Day 101	141.00	141	
01/07/2019	Day 102	141.00	141	
01/08/2019	Day 103	141.00	141	
01/09/2019	Day 104	141.00	141	
01/10/2019	Day 105	141.00	141	
01/11/2019	Day 106	141.00	141	
01/12/2019	Day 107	141.00	141	
01/13/2019	Day 108	141.00	141	
01/14/2019	Day 109	141.00	141	
01/15/2019	Day 110	141.00	141	
01/16/2019	Day 111	141.00	141	
01/17/2019	Day 112	141.00	141	
01/18/2019	Day 113	141.00	141	

Date		Actual Eligible Weight	Eligible Weight Class	Actual Weight
01/21/2019	Day 116	141.00	141	
01/22/2019	Day 117	141.00	141	
01/23/2019	Day 118	141.00	141	
01/24/2019	Day 119	141.00	141	
01/25/2019	Day 120	141.00	141	
01/26/2019	Day 121	141.00	141	
01/27/2019	Day 122	141.00	141	
01/28/2019	Day 123	141.00	141	
01/29/2019	Day 124	141.00	141	
01/30/2019	Day 125	141.00	141	
01/31/2019	Day 126	141.00	141	
02/01/2019	Day 127	141.00	141	
02/02/2019	Day 128	141.00	141	
02/03/2019	Day 129	141.00	141	
02/04/2019	Day 130	141.00	141	
02/05/2019	Day 131	141.00	141	
02/06/2019	Day 132	141.00	141	
02/07/2019	Day 133	141.00	141	
02/08/2019	Day 134	141.00	141	
02/09/2019	Day 135	141.00	141	
02/10/2019	Day 136	141.00	141	
02/11/2019	Day 137	141.00	141	
02/12/2019	Day 138	141.00	141	
02/13/2019	Day 139	141.00	141	
02/14/2019	Day 140	141.00	141	
02/15/2019	Day 141	141.00	141	
02/16/2019	Day 142	141.00	141	
02/17/2019	Day 143	141.00	141	

Date		Actual Eligible Weight	Eligible Weight Class	Actual Weight
02/20/2019	Day 146	141.00	141	
02/21/2019	Day 147	141.00	141	
02/22/2019	Day 148	141.00	141	
02/23/2019	Day 149	141.00	141	
02/24/2019	Day 150	141.00	141	
02/25/2019	Day 151	141.00	141	
02/26/2019	Day 152	141.00	141	
02/27/2019	Day 153	141.00	141	
02/28/2019	Day 154	141.00	141	
03/01/2019	Day 155	141.00	141	
03/02/2019	Day 156	141.00	141	
03/03/2019	Day 157	141.00	141	
03/04/2019	Day 158	141.00	141	
03/05/2019	Day 159	141.00	141	
03/06/2019	Day 160	141.00	141	
03/07/2019	Day 161	141.00	141	
03/08/2019	Day 162	141.00	141	
03/09/2019	Day 163	141.00	141	
03/10/2019	Day 164	141.00	141	
03/11/2019	Day 165	141.00	141	
03/12/2019	Day 166	141.00	141	
03/13/2019	Day 167	141.00	141	
03/14/2019	Day 168	141.00	141	
Minimum wrestling weight locked				
03/15/2019	Day 169	141.00	141	
03/16/2019	Day 170	141.00	141	
03/17/2019	Day 171	141.00	141	
03/18/2019	Day 172	141.00	141	
03/19/2019	Day 173	141.00	141	

Date		Actual Eligible Weight	Eligible Weight Class	Actual Weight
03/22/2019	Day 176	141.00	141	
03/23/2019	Day 177	141.00	141	