

## Summary of health stats: 2024-02-10

Metric	start_val	current_val	Goal	slope	R_squared	P value	Days to go	Goal day
Weight	66.2	62.0	59.22	-0.225	0.868	0.0	11	2024-02-21
BMI	24.3	22.8	21.75	-0.084	0.868	0.0	11	2024-02-21
BodyFat	23.1	20.6	15.0	-0.136	0.876	0.0	41	2024-03-22
SubcutFat	20.6	18.5	12.65	-0.114	0.881	0.0	51	2024-04-01
ViscFat	7	6	3.5	-0.1	0.7	0.0	22	2024-03-03
BodyWater	55.5	57.3	57.5	0.099	0.88	0.0	1	2024-02-11
SkelMuscle	49.6	51.2	54.0	0.089	0.885	0.0	30	2024-03-11
MuscleMass	48.39	46.75	48.2	-0.086	0.858	0.0	-18	2024-01-23
BoneMass	2.52	2.48	2.48	-0.003	0.538	0.0	-6	2024-02-04
Protein	17.5	18.1	18.0	0.03	0.815	0.0	-4	2024-02-06
BMR	1459	1441	1491.5	-1.412	0.554	0.0	-41	2023-12-31