

Summary of health stats: 2024-03-03

Metric	start_val	current_val	Goal	slope	R_squared	P value	Days to go	Goal day
Weight	66.2	59.5	59.0	-0.136	0.918	0.0	2	2024-03-05
BMI	24.3	21.9	21.75	-0.05	0.919	0.0	1	2024-03-04
BodyFat	23.1	18.9	17.0	-0.086	0.93	0.0	22	2024-03-25
SubcutFat	20.6	17.1	16.7	-0.074	0.933	0.0	5	2024-03-08
ViscFat	7	5	5.0	-0.051	0.752	0.0	1	2024-03-04
BodyWater	55.5	58.6	57.5	0.063	0.93	0.0	-17	2024-02-15
SkelMuscle	49.6	52.3	54.0	0.056	0.929	0.0	30	2024-04-02
MuscleMass	48.39	45.82	48.0	-0.051	0.909	0.0	-44	2024-01-19
BoneMass	2.52	2.43	2.48	-0.003	0.836	0.0	-28	2024-02-04
Protein	17.5	18.5	20.0	0.019	0.905	0.0	78	2024-05-20
BMR	1459	1420	1491.5	-1.167	0.838	0.0	-71	2023-12-23