

## Summary of health stats: 2024-02-18

Metric	start_val	current_val	Goal	slope	R_squared	P value	Days to go	Goal day
Weight	66.2	60.65	59.0	-0.178	0.915	0.0	8	2024-02-26
BMI	24.3	22.3	21.75	-0.066	0.914	0.0	7	2024-02-25
BodyFat	23.1	19.7	17.0	-0.11	0.925	0.0	24	2024-03-13
SubcutFat	20.6	17.8	16.7	-0.093	0.93	0.0	11	2024-02-29
ViscFat	7	6	5.0	-0.059	0.66	0.0	10	2024-02-28
BodyWater	55.5	58.0	57.5	0.08	0.925	0.0	-6	2024-02-12
SkelMuscle	49.6	51.8	54.0	0.072	0.928	0.0	30	2024-03-19
MuscleMass	48.39	46.28	48.0	-0.068	0.909	0.0	-27	2024-01-22
BoneMass	2.52	2.42	2.48	-0.002	0.614	0.0	-14	2024-02-04
Protein	17.5	18.3	20.0	0.024	0.891	0.0	70	2024-04-28
BMR	1459	1415	1491.5	-1.063	0.622	0.0	-61	2023-12-19