

Summary of health stats: 2024-03-06

Metric	start_val	current_val	Goal	slope	R_squared	P value	Days to go	Goal day
Weight	66.2	58.9	57.0	-0.137	0.933	0.0	14	2024-03-20
BMI	24.3	21.6	21.75	-0.05	0.934	0.0	-2	2024-03-04
BodyFat	23.1	18.5	17.0	-0.088	0.942	0.0	18	2024-03-24
SubcutFat	20.6	16.7	16.7	-0.075	0.945	0.0	1	2024-03-07
ViscFat	7	5	5.0	-0.051	0.788	0.0	-2	2024-03-04
BodyWater	55.5	58.8	57.5	0.064	0.943	0.0	-20	2024-02-15
SkelMuscle	49.6	52.6	54.0	0.057	0.942	0.0	25	2024-03-31
MuscleMass	48.39	45.59	48.0	-0.052	0.926	0.0	-47	2024-01-19
BoneMass	2.52	2.41	2.48	-0.002	0.814	0.0	-31	2024-02-04
Protein	17.5	18.6	20.0	0.02	0.922	0.0	74	2024-05-19
BMR	1459	1411	1491.5	-1.081	0.817	0.0	-77	2023-12-20