

## Summary of health stats: 2024-03-15

Metric	start_val	current_val	Goal	slope	R_squared	P value	Days to go	Goal day
Weight	66.2	58.1	56.0	-0.134	0.956	0.0	13	2024-03-28
BMI	24.3	21.3	19.5	-0.05	0.955	0.0	34	2024-04-18
BodyFat	23.1	17.9	17.0	-0.088	0.963	0.0	9	2024-03-24
SubcutFat	20.6	16.2	15.0	-0.075	0.965	0.0	14	2024-03-29
ViscFat	7	5	4.0	-0.045	0.824	0.0	14	2024-03-29
BodyWater	55.5	59.3	57.5	0.064	0.963	0.0	-29	2024-02-15
SkelMuscle	49.6	53.0	54.0	0.058	0.963	0.0	16	2024-03-31
MuscleMass	48.39	45.32	48.0	-0.05	0.951	0.0	-56	2024-01-19
BoneMass	2.52	2.38	2.48	-0.002	0.87	0.0	-40	2024-02-04
Protein	17.5	18.7	20.0	0.02	0.952	0.0	64	2024-05-18
BMR	1459	1398	1491.5	-1.077	0.872	0.0	-86	2023-12-20