Summary of health stats: 2024-02-23

Metric	start_val	current_val	Goal	slope	R_squared	P value	Days to go	Goal day
Weight	66.2	61.1	59.0	-0.155	0.901	0.0	7	2024-03-01
BMI	24.3	22.4	21.75	-0.057	0.906	0.0	6	2024-02-29
BodyFat	23.1	20.0	17.0	-0.096	0.913	0.0	25	2024-03-19
SubcutFat	20.6	18.0	16.7	-0.082	0.918	0.0	10	2024-03-04
ViscFat	7	6	5.0	-0.045	0.606	0.0	13	2024-03-07
BodyWater	55.5	57.8	57.5	0.071	0.918	0.0	-10	2024-02-13
SkelMuscle	49.6	51.6	54.0	0.063	0.912	0.0	32	2024-03-26
MuscleMass	48.39	46.44	48.0	-0.059	0.893	0.0	-33	2024-01-21
BoneMass	2.52	2.44	2.48	-0.002	0.726	0.0	-19	2024-02-04
Protein	17.5	18.2	20.0	0.021	0.872	0.0	79	2024-05-12
BMR	1459	1424	1491.5	-1.062	0.731	0.0	-66	2023-12-19