Summary of health stats: 2024-02-22

Metric	start_val	current_val	Goal	slope	R_squared	P value	Days to go	Goal day
Weight	66.2	61.0	59.0	-0.16	0.908	0.0	7	2024-02-29
BMI	24.3	22.4	21.75	-0.059	0.909	0.0	6	2024-02-28
BodyFat	23.1	20.0	17.0	-0.099	0.918	0.0	25	2024-03-18
SubcutFat	20.6	18.0	16.7	-0.085	0.923	0.0	10	2024-03-03
ViscFat	7	6	5.0	-0.048	0.617	0.0	12	2024-03-05
BodyWater	55.5	57.8	57.5	0.073	0.921	0.0	-9	2024-02-13
SkelMuscle	49.6	51.6	54.0	0.065	0.918	0.0	32	2024-03-25
MuscleMass	48.39	46.36	48.0	-0.061	0.902	0.0	-32	2024-01-21
BoneMass	2.52	2.44	2.48	-0.002	0.71	0.0	-18	2024-02-04
Protein	17.5	18.2	20.0	0.022	0.882	0.0	76	2024-05-08
BMR	1459	1424	1491.5	-1.07	0.716	0.0	-64	2023-12-20