

Summary of health stats: 2024-02-15

Metric	start_val	current_val	Goal	slope	R_squared	P value	Days to go	Goal day
Weight	66.2	61.35	59.22	-0.184	0.893	0.0	9	2024-02-24
BMI	24.3	22.5	21.75	-0.068	0.895	0.0	9	2024-02-24
BodyFat	23.1	20.2	15.0	-0.112	0.902	0.0	45	2024-03-31
SubcutFat	20.6	18.2	12.65	-0.095	0.911	0.0	56	2024-04-11
ViscFat	7	6	3.5	-0.069	0.691	0.0	30	2024-03-16
BodyWater	55.5	57.6	57.5	0.081	0.901	0.0	-3	2024-02-12
SkelMuscle	49.6	51.5	54.0	0.073	0.905	0.0	33	2024-03-19
MuscleMass	48.39	46.5	48.2	-0.071	0.891	0.0	-26	2024-01-20
BoneMass	2.52	2.46	2.48	-0.002	0.487	0.0	-9	2024-02-06
Protein	17.5	18.2	18.0	0.025	0.862	0.0	-9	2024-02-06
BMR	1459	1433	1491.5	-0.873	0.501	0.0	-67	2023-12-10