Summary of health stats: 2024-03-18

Metric	start_val	current_val	Goal	slope	R_squared	P value	Days to go	Goal day
Weight	66.2	56.8	56.0	-0.137	0.961	0.0	9	2024-03-27
BMI	24.3	20.9	19.5	-0.05	0.961	0.0	30	2024-04-17
BodyFat	23.1	16.9	16.0	-0.091	0.965	0.0	15	2024-04-02
SubcutFat	20.6	15.3	15.0	-0.078	0.966	0.0	10	2024-03-28
ViscFat	7	4	4.0	-0.048	0.846	0.0	8	2024-03-26
BodyWater	55.5	60.0	57.5	0.066	0.964	0.0	-32	2024-02-15
SkelMuscle	49.6	53.6	54.0	0.06	0.966	0.0	11	2024-03-29
MuscleMass	48.39	44.82	48.0	-0.051	0.957	0.0	-59	2024-01-19
BoneMass	2.52	2.38	2.48	-0.003	0.876	0.0	-43	2024-02-04
Protein	17.5	18.9	20.0	0.02	0.956	0.0	58	2024-05-15
BMR	1459	1398	1491.5	-1.126	0.879	0.0	-87	2023-12-22