

Summary of health stats: 2024-03-13

Metric	start_val	current_val	Goal	slope	R_squared	P value	Days to go	Goal day
Weight	66.2	57.95	56.0	-0.135	0.951	0.0	15	2024-03-28
BMI	24.3	21.3	19.5	-0.05	0.95	0.0	36	2024-04-18
BodyFat	23.1	17.8	17.0	-0.088	0.959	0.0	11	2024-03-24
SubcutFat	20.6	16.1	15.0	-0.075	0.961	0.0	16	2024-03-29
ViscFat	7	5	4.0	-0.047	0.823	0.0	14	2024-03-27
BodyWater	55.5	59.3	57.5	0.064	0.958	0.0	-27	2024-02-15
SkelMuscle	49.6	53.1	54.0	0.058	0.959	0.0	18	2024-03-31
MuscleMass	48.39	45.26	48.0	-0.051	0.946	0.0	-54	2024-01-19
BoneMass	2.52	2.37	2.48	-0.002	0.854	0.0	-38	2024-02-04
Protein	17.5	18.7	20.0	0.02	0.947	0.0	65	2024-05-17
BMR	1459	1394	1491.5	-1.067	0.857	0.0	-85	2023-12-19