

## Summary of health stats: 2024-03-02

Metric	start_val	current_val	Goal	slope	R_squared	P value	Days to go	Goal day
Weight	66.2	59.75	59.0	-0.137	0.913	0.0	3	2024-03-05
BMI	24.3	22.0	21.75	-0.05	0.915	0.0	2	2024-03-04
BodyFat	23.1	19.1	17.0	-0.086	0.924	0.0	23	2024-03-25
SubcutFat	20.6	17.2	16.7	-0.074	0.928	0.0	6	2024-03-08
ViscFat	7	5	5.0	-0.05	0.736	0.0	2	2024-03-04
BodyWater	55.5	58.4	57.5	0.063	0.925	0.0	-16	2024-02-15
SkelMuscle	49.6	52.2	54.0	0.056	0.924	0.0	31	2024-04-02
MuscleMass	48.39	45.95	48.0	-0.051	0.903	0.0	-43	2024-01-19
BoneMass	2.52	2.39	2.48	-0.003	0.844	0.0	-27	2024-02-04
Protein	17.5	18.4	20.0	0.019	0.898	0.0	80	2024-05-21
BMR	1459	1403	1491.5	-1.205	0.847	0.0	-68	2023-12-25