

Summary of health stats: 2024-02-17

Metric	start_val	current_val	Goal	slope	R_squared	P value	Days to go	Goal day
Weight	66.2	61.05	59.0	-0.177	0.905	0.0	10	2024-02-27
BMI	24.3	22.4	21.75	-0.066	0.905	0.0	8	2024-02-25
BodyFat	23.1	20.0	17.0	-0.109	0.916	0.0	26	2024-03-14
SubcutFat	20.6	18.0	16.7	-0.093	0.922	0.0	12	2024-02-29
ViscFat	7	6	5.0	-0.062	0.671	0.0	9	2024-02-26
BodyWater	55.5	57.8	57.5	0.079	0.916	0.0	-5	2024-02-12
SkelMuscle	49.6	51.6	54.0	0.071	0.919	0.0	32	2024-03-20
MuscleMass	48.39	46.4	48.0	-0.068	0.9	0.0	-26	2024-01-22
BoneMass	2.52	2.44	2.48	-0.002	0.574	0.0	-12	2024-02-05
Protein	17.5	18.2	20.0	0.024	0.878	0.0	72	2024-04-29
BMR	1459	1424	1491.5	-0.944	0.584	0.0	-65	2023-12-14