

Summary of health stats: 2024-03-04

Metric	start_val	current_val	Goal	slope	R_squared	P value	Days to go	Goal day
Weight	66.2	59.25	57.0	-0.136	0.923	0.0	16	2024-03-20
BMI	24.3	21.8	21.75	-0.05	0.924	0.0	0	2024-03-04
BodyFat	23.1	18.7	17.0	-0.087	0.934	0.0	21	2024-03-25
SubcutFat	20.6	16.9	16.7	-0.074	0.937	0.0	4	2024-03-08
ViscFat	7	5	5.0	-0.051	0.766	0.0	0	2024-03-04
BodyWater	55.5	58.7	57.5	0.063	0.935	0.0	-18	2024-02-15
SkelMuscle	49.6	52.5	54.0	0.057	0.934	0.0	28	2024-04-01
MuscleMass	48.39	45.74	48.0	-0.051	0.915	0.0	-45	2024-01-19
BoneMass	2.52	2.43	2.48	-0.003	0.802	0.0	-29	2024-02-04
Protein	17.5	18.5	20.0	0.019	0.911	0.0	77	2024-05-20
BMR	1459	1420	1491.5	-1.105	0.805	0.0	-74	2023-12-21