Summary of health stats: 2024-02-26

Metric	start_val	current_val	Goal	slope	R_squared	P value	Days to go	Goal day
Weight	66.2	60.8	59.0	-0.145	0.897	0.0	6	2024-03-03
BMI	24.3	22.3	21.75	-0.054	0.903	0.0	5	2024-03-02
BodyFat	23.1	19.8	17.0	-0.091	0.91	0.0	25	2024-03-22
SubcutFat	20.6	17.8	16.7	-0.077	0.916	0.0	9	2024-03-06
ViscFat	7	6	5.0	-0.044	0.612	0.0	11	2024-03-08
BodyWater	55.5	57.9	57.5	0.067	0.915	0.0	-12	2024-02-14
SkelMuscle	49.6	51.7	54.0	0.059	0.907	0.0	33	2024-03-30
MuscleMass	48.39	46.33	48.0	-0.055	0.888	0.0	-37	2024-01-20
BoneMass	2.52	2.43	2.48	-0.003	0.773	0.0	-22	2024-02-04
Protein	17.5	18.3	20.0	0.02	0.877	0.0	80	2024-05-16
BMR	1459	1420	1491.5	-1.092	0.777	0.0	-68	2023-12-20