

Summary of health stats: 2024-03-19

Metric	start_val	current_val	Goal	slope	R_squared	P value	Days to go	Goal day
Weight	66.2	57.45	56.0	-0.137	0.963	0.0	8	2024-03-27
BMI	24.3	21.1	19.5	-0.05	0.962	0.0	29	2024-04-17
BodyFat	23.1	17.5	16.0	-0.091	0.967	0.0	14	2024-04-02
SubcutFat	20.6	15.9	15.0	-0.078	0.967	0.0	9	2024-03-28
ViscFat	7	4	4.0	-0.049	0.854	0.0	6	2024-03-25
BodyWater	55.5	59.6	57.5	0.066	0.966	0.0	-33	2024-02-15
SkelMuscle	49.6	53.2	54.0	0.06	0.967	0.0	10	2024-03-29
MuscleMass	48.39	45.04	48.0	-0.051	0.959	0.0	-60	2024-01-19
BoneMass	2.52	2.36	2.48	-0.003	0.883	0.0	-44	2024-02-04
Protein	17.5	18.8	20.0	0.02	0.958	0.0	57	2024-05-15
BMR	1459	1390	1491.5	-1.132	0.885	0.0	-88	2023-12-22