

Summary of health stats: 2024-02-25

Metric	start_val	current_val	Goal	slope	R_squared	P value	Days to go	Goal day
Weight	66.2	60.3	59.0	-0.149	0.901	0.0	7	2024-03-03
BMI	24.3	22.2	21.75	-0.055	0.905	0.0	5	2024-03-01
BodyFat	23.1	19.5	17.0	-0.093	0.913	0.0	25	2024-03-21
SubcutFat	20.6	17.6	16.7	-0.079	0.918	0.0	9	2024-03-05
ViscFat	7	5	5.0	-0.046	0.63	0.0	11	2024-03-07
BodyWater	55.5	58.1	57.5	0.068	0.918	0.0	-11	2024-02-14
SkelMuscle	49.6	51.9	54.0	0.06	0.912	0.0	33	2024-03-29
MuscleMass	48.39	46.13	48.0	-0.056	0.893	0.0	-36	2024-01-20
BoneMass	2.52	2.41	2.48	-0.003	0.759	0.0	-21	2024-02-04
Protein	17.5	18.4	20.0	0.02	0.874	0.0	79	2024-05-14
BMR	1459	1411	1491.5	-1.098	0.764	0.0	-66	2023-12-21