Summary of health stats: 2024-03-05

Metric	start_val	current_val	Goal	slope	R_squared	P value	Days to go	Goal day
Weight	66.2	59.1	57.0	-0.136	0.928	0.0	15	2024-03-20
BMI	24.3	21.7	21.75	-0.05	0.929	0.0	-1	2024-03-04
BodyFat	23.1	18.7	17.0	-0.087	0.938	0.0	19	2024-03-24
SubcutFat	20.6	16.9	16.7	-0.074	0.941	0.0	3	2024-03-08
ViscFat	7	5	5.0	-0.051	0.778	0.0	-1	2024-03-04
BodyWater	55.5	58.7	57.5	0.064	0.939	0.0	-19	2024-02-15
SkelMuscle	49.6	52.5	54.0	0.057	0.938	0.0	27	2024-04-01
MuscleMass	48.39	45.63	48.0	-0.051	0.921	0.0	-46	2024-01-19
BoneMass	2.52	2.42	2.48	-0.003	0.805	0.0	-30	2024-02-04
Protein	17.5	18.5	20.0	0.019	0.917	0.0	76	2024-05-20
BMR	1459	1415	1491.5	-1.088	0.809	0.0	-76	2023-12-20