

Summary of health stats: 2024-02-28

Metric	start_val	current_val	Goal	slope	R_squared	P value	Days to go	Goal day
Weight	66.2	60.05	59.0	-0.142	0.907	0.0	5	2024-03-04
BMI	24.3	22.1	21.75	-0.053	0.912	0.0	3	2024-03-02
BodyFat	23.1	19.3	17.0	-0.089	0.92	0.0	24	2024-03-23
SubcutFat	20.6	17.4	16.7	-0.076	0.925	0.0	8	2024-03-07
ViscFat	7	5	5.0	-0.048	0.671	0.0	7	2024-03-06
BodyWater	55.5	58.3	57.5	0.066	0.924	0.0	-14	2024-02-14
SkelMuscle	49.6	52.1	54.0	0.058	0.917	0.0	32	2024-03-31
MuscleMass	48.39	46.06	48.0	-0.054	0.898	0.0	-39	2024-01-20
BoneMass	2.52	2.4	2.48	-0.003	0.807	0.0	-24	2024-02-04
Protein	17.5	18.4	20.0	0.02	0.894	0.0	78	2024-05-16
BMR	1459	1407	1491.5	-1.16	0.81	0.0	-67	2023-12-23