

Summary of health stats: 2024-03-08

Metric	start_val	current_val	Goal	slope	R_squared	P value	Days to go	Goal day
Weight	66.2	58.6	57.0	-0.137	0.94	0.0	12	2024-03-20
BMI	24.3	21.5	19.5	-0.05	0.941	0.0	40	2024-04-17
BodyFat	23.1	18.3	17.0	-0.088	0.949	0.0	16	2024-03-24
SubcutFat	20.6	16.6	15.0	-0.075	0.951	0.0	22	2024-03-30
ViscFat	7	5	4.0	-0.05	0.804	0.0	16	2024-03-24
BodyWater	55.5	59.0	57.5	0.064	0.949	0.0	-22	2024-02-15
SkelMuscle	49.6	52.7	54.0	0.058	0.949	0.0	23	2024-03-31
MuscleMass	48.39	45.47	48.0	-0.052	0.935	0.0	-49	2024-01-19
BoneMass	2.52	2.41	2.48	-0.002	0.821	0.0	-33	2024-02-04
Protein	17.5	18.6	20.0	0.02	0.93	0.0	72	2024-05-19
BMR	1459	1411	1491.5	-1.052	0.824	0.0	-81	2023-12-18