

Summary of health stats: 2024-02-24

Metric	start_val	current_val	Goal	slope	R_squared	P value	Days to go	Goal day
Weight	66.2	61.05	59.0	-0.15	0.895	0.0	7	2024-03-02
BMI	24.3	22.4	21.75	-0.056	0.901	0.0	6	2024-03-01
BodyFat	23.1	20.0	17.0	-0.093	0.906	0.0	26	2024-03-21
SubcutFat	20.6	18.0	16.7	-0.08	0.912	0.0	10	2024-03-05
ViscFat	7	6	5.0	-0.043	0.596	0.0	14	2024-03-09
BodyWater	55.5	57.8	57.5	0.069	0.913	0.0	-10	2024-02-14
SkelMuscle	49.6	51.6	54.0	0.061	0.906	0.0	33	2024-03-28
MuscleMass	48.39	46.4	48.0	-0.057	0.886	0.0	-35	2024-01-20
BoneMass	2.52	2.44	2.48	-0.002	0.739	0.0	-20	2024-02-04
Protein	17.5	18.2	20.0	0.02	0.862	0.0	82	2024-05-16
BMR	1459	1424	1491.5	-1.049	0.743	0.0	-67	2023-12-19