

Summary of health stats: 2024-02-27

Metric	start_val	current_val	Goal	slope	R_squared	P value	Days to go	Goal day
Weight	66.2	60.25	59.0	-0.143	0.902	0.0	6	2024-03-04
BMI	24.3	22.1	21.75	-0.053	0.908	0.0	4	2024-03-02
BodyFat	23.1	19.5	17.0	-0.09	0.914	0.0	25	2024-03-23
SubcutFat	20.6	17.6	16.7	-0.076	0.92	0.0	8	2024-03-06
ViscFat	7	5	5.0	-0.046	0.643	0.0	9	2024-03-07
BodyWater	55.5	58.1	57.5	0.066	0.918	0.0	-13	2024-02-14
SkelMuscle	49.6	51.9	54.0	0.058	0.911	0.0	33	2024-03-31
MuscleMass	48.39	46.09	48.0	-0.054	0.893	0.0	-38	2024-01-20
BoneMass	2.52	2.41	2.48	-0.003	0.792	0.0	-23	2024-02-04
Protein	17.5	18.4	20.0	0.02	0.886	0.0	79	2024-05-16
BMR	1459	1411	1491.5	-1.122	0.795	0.0	-67	2023-12-22