Summary of health stats: 2024-02-20

Metric	start_val	current_val	Goal	slope	R_squared	P value	Days to go	Goal day
Weight	66.2	60.95	59.0	-0.169	0.912	0.0	8	2024-02-28
BMI	24.3	22.4	21.75	-0.062	0.912	0.0	7	2024-02-27
BodyFat	23.1	19.9	17.0	-0.105	0.925	0.0	24	2024-03-15
SubcutFat	20.6	17.9	16.7	-0.089	0.93	0.0	11	2024-03-02
ViscFat	7	6	5.0	-0.053	0.639	0.0	11	2024-03-02
BodyWater	55.5	57.8	57.5	0.077	0.924	0.0	-7	2024-02-13
SkelMuscle	49.6	51.7	54.0	0.069	0.926	0.0	31	2024-03-22
MuscleMass	48.39	46.38	48.0	-0.064	0.904	0.0	-29	2024-01-22
BoneMass	2.52	2.44	2.48	-0.002	0.665	0.0	-16	2024-02-04
Protein	17.5	18.3	20.0	0.023	0.898	0.0	71	2024-05-01
BMR	1459	1424	1491.5	-1.069	0.673	0.0	-63	2023-12-19