

Summary of health stats: 2024-03-11

Metric	start_val	current_val	Goal	slope	R_squared	P value	Days to go	Goal day
Weight	66.2	58.95	57.0	-0.135	0.946	0.0	9	2024-03-20
BMI	24.3	21.7	19.5	-0.05	0.945	0.0	38	2024-04-18
BodyFat	23.1	18.5	17.0	-0.088	0.954	0.0	13	2024-03-24
SubcutFat	20.6	16.7	15.0	-0.075	0.956	0.0	19	2024-03-30
ViscFat	7	5	4.0	-0.048	0.818	0.0	15	2024-03-26
BodyWater	55.5	58.8	57.5	0.064	0.953	0.0	-25	2024-02-15
SkelMuscle	49.6	52.6	54.0	0.058	0.955	0.0	20	2024-03-31
MuscleMass	48.39	45.63	48.0	-0.051	0.94	0.0	-52	2024-01-19
BoneMass	2.52	2.41	2.48	-0.002	0.838	0.0	-36	2024-02-04
Protein	17.5	18.6	20.0	0.02	0.94	0.0	68	2024-05-18
BMR	1459	1411	1491.5	-1.045	0.841	0.0	-84	2023-12-18