Summary of health stats: 2024-02-12

Metric	start_val	current_val	Goal	slope	R_squared	P value	Days to go	Goal day
Weight	66.2	61.95	55.0	-0.21	0.893	0.0	30	2024-03-13
BMI	24.3	22.8	19.5	-0.076	0.885	0.0	40	2024-03-23
BodyFat	23.1	20.6	17.0	-0.127	0.901	0.0	26	2024-03-09
SubcutFat	20.6	18.5	15.0	-0.108	0.909	0.0	30	2024-03-13
ViscFat	7	6	4.0	-0.086	0.715	0.0	19	2024-03-02
BodyWater	55.5	57.3	57.5	0.092	0.9	0.0	-1	2024-02-11
SkelMuscle	49.6	51.2	54.0	0.082	0.904	0.0	31	2024-03-14
MuscleMass	48.39	46.71	48.0	-0.081	0.89	0.0	-19	2024-01-24
BoneMass	2.52	2.48	2.48	-0.002	0.464	0.0	-7	2024-02-05
Protein	17.5	18.1	20.0	0.028	0.854	0.0	64	2024-04-16
BMR	1459	1441	1491.5	-1.056	0.484	0.0	-54	2023-12-20