

Summary of health stats: 2024-03-10

Metric	start_val	current_val	Goal	slope	R_squared	P value	Days to go	Goal day
Weight	66.2	58.1	57.0	-0.137	0.946	0.0	10	2024-03-20
BMI	24.3	21.3	19.5	-0.05	0.946	0.0	38	2024-04-17
BodyFat	23.1	17.9	17.0	-0.089	0.953	0.0	14	2024-03-24
SubcutFat	20.6	16.2	15.0	-0.075	0.955	0.0	19	2024-03-29
ViscFat	7	5	4.0	-0.049	0.814	0.0	15	2024-03-25
BodyWater	55.5	59.3	57.5	0.064	0.953	0.0	-24	2024-02-15
SkelMuscle	49.6	53.0	54.0	0.058	0.954	0.0	21	2024-03-31
MuscleMass	48.39	45.32	48.0	-0.051	0.94	0.0	-51	2024-01-19
BoneMass	2.52	2.38	2.48	-0.002	0.836	0.0	-35	2024-02-04
Protein	17.5	18.7	20.0	0.02	0.937	0.0	69	2024-05-18
BMR	1459	1398	1491.5	-1.061	0.839	0.0	-82	2023-12-19