

Summary of health stats: 2024-02-09

Metric	start_val	current_val	Goal	slope	R_squared	P value	Days to go	Goal day
Weight	66.2	62.05	59.22	-0.225	0.845	0.0	12	2024-02-21
BMI	24.3	22.8	21.75	-0.084	0.848	0.0	12	2024-02-21
BodyFat	23.1	20.6	15.0	-0.134	0.853	0.0	42	2024-03-22
SubcutFat	20.6	18.5	12.65	-0.112	0.857	0.0	53	2024-04-02
ViscFat	7	6	3.5	-0.104	0.682	0.0	22	2024-03-02
BodyWater	55.5	57.3	57.5	0.099	0.858	0.0	2	2024-02-11
SkelMuscle	49.6	51.2	54.0	0.089	0.864	0.0	32	2024-03-12
MuscleMass	48.39	46.79	48.2	-0.086	0.834	0.0	-17	2024-01-23
BoneMass	2.52	2.48	2.48	-0.004	0.568	0.0	-5	2024-02-04
Protein	17.5	18.1	18.0	0.03	0.784	0.0	-3	2024-02-06
BMR	1459	1441	1491.5	-1.571	0.581	0.0	-37	2024-01-03