



















BMR change over diet (as of 2024-02-26) 1600 y = -1.092x + 1455.9051550 1500 -68 more days until the BMR goal of 1491.5 (on 2023-12-20) 1450 1400 2024-01-25 2024-01-29024-02-01 2024-02-05 2024-02-09 2024-02-13 2024-02-17 2024-02-21 2024-02-25 Date