

Summary of health stats: 2024-03-17

Metric	start_val	current_val	Goal	slope	R_squared	P value	Days to go	Goal day
Weight	66.2	56.95	56.0	-0.136	0.96	0.0	10	2024-03-27
BMI	24.3	20.9	19.5	-0.05	0.959	0.0	32	2024-04-18
BodyFat	23.1	17.1	17.0	-0.09	0.965	0.0	6	2024-03-23
SubcutFat	20.6	15.5	15.0	-0.077	0.967	0.0	12	2024-03-29
ViscFat	7	4	4.0	-0.048	0.838	0.0	9	2024-03-26
BodyWater	55.5	59.9	57.5	0.065	0.965	0.0	-31	2024-02-15
SkelMuscle	49.6	53.5	54.0	0.059	0.966	0.0	13	2024-03-30
MuscleMass	48.39	44.88	48.0	-0.051	0.955	0.0	-58	2024-01-19
BoneMass	2.52	2.33	2.48	-0.003	0.872	0.0	-42	2024-02-04
Protein	17.5	18.9	20.0	0.02	0.955	0.0	60	2024-05-16
BMR	1459	1377	1491.5	-1.133	0.875	0.0	-86	2023-12-22