

Summary of health stats: 2024-03-01

Metric	start_val	current_val	Goal	slope	R_squared	P value	Days to go	Goal day
Weight	66.2	60.4	59.0	-0.137	0.908	0.0	4	2024-03-05
BMI	24.3	22.2	21.75	-0.051	0.911	0.0	2	2024-03-03
BodyFat	23.1	19.6	17.0	-0.086	0.919	0.0	24	2024-03-25
SubcutFat	20.6	17.7	16.7	-0.074	0.922	0.0	7	2024-03-08
ViscFat	7	5	5.0	-0.05	0.717	0.0	3	2024-03-04
BodyWater	55.5	58.0	57.5	0.063	0.92	0.0	-15	2024-02-15
SkelMuscle	49.6	51.9	54.0	0.056	0.919	0.0	32	2024-04-02
MuscleMass	48.39	46.15	48.0	-0.052	0.899	0.0	-42	2024-01-19
BoneMass	2.52	2.41	2.48	-0.003	0.833	0.0	-26	2024-02-04
Protein	17.5	18.3	20.0	0.019	0.893	0.0	80	2024-05-20
BMR	1459	1411	1491.5	-1.176	0.836	0.0	-68	2023-12-24