

## Summary of health stats: 2024-02-19

Metric	start_val	current_val	Goal	slope	R_squared	P value	Days to go	Goal day
Weight	66.2	61.25	59.0	-0.172	0.911	0.0	8	2024-02-27
BMI	24.3	22.5	21.75	-0.064	0.911	0.0	7	2024-02-26
BodyFat	23.1	20.1	17.0	-0.107	0.922	0.0	25	2024-03-15
SubcutFat	20.6	18.1	16.7	-0.091	0.927	0.0	11	2024-03-01
ViscFat	7	6	5.0	-0.056	0.65	0.0	11	2024-03-01
BodyWater	55.5	57.7	57.5	0.078	0.923	0.0	-7	2024-02-12
SkelMuscle	49.6	51.5	54.0	0.07	0.922	0.0	31	2024-03-21
MuscleMass	48.39	46.49	48.0	-0.066	0.903	0.0	-28	2024-01-22
BoneMass	2.52	2.45	2.48	-0.002	0.635	0.0	-15	2024-02-04
Protein	17.5	18.2	20.0	0.024	0.889	0.0	72	2024-05-01
BMR	1459	1428	1491.5	-1.055	0.644	0.0	-62	2023-12-19