

Summary of health stats: 2024-02-11

Metric	start_val	current_val	Goal	slope	R_squared	P value	Days to go	Goal day
Weight	66.2	61.95	59.22	-0.217	0.891	0.0	10	2024-02-21
BMI	24.3	22.8	21.75	-0.079	0.885	0.0	11	2024-02-22
BodyFat	23.1	20.6	15.0	-0.131	0.899	0.0	41	2024-03-23
SubcutFat	20.6	18.5	12.65	-0.111	0.905	0.0	51	2024-04-02
ViscFat	7	6	3.5	-0.091	0.715	0.0	24	2024-03-06
BodyWater	55.5	57.3	57.5	0.095	0.899	0.0	0	2024-02-11
SkelMuscle	49.6	51.2	54.0	0.085	0.903	0.0	30	2024-03-12
MuscleMass	48.39	46.71	48.2	-0.084	0.886	0.0	-20	2024-01-22
BoneMass	2.52	2.48	2.48	-0.003	0.487	0.0	-6	2024-02-05
Protein	17.5	18.1	18.0	0.029	0.848	0.0	-6	2024-02-05
BMR	1459	1441	1491.5	-1.158	0.505	0.0	-50	2023-12-23