Summary of health stats: 2024-03-12

Metric	start_val	current_val	Goal	slope	R_squared	P value	Days to go	Goal day
Weight	66.2	58.4	56.0	-0.135	0.949	0.0	16	2024-03-28
BMI	24.3	21.5	19.5	-0.05	0.947	0.0	37	2024-04-18
BodyFat	23.1	18.1	17.0	-0.088	0.957	0.0	12	2024-03-24
SubcutFat	20.6	16.4	15.0	-0.075	0.959	0.0	18	2024-03-30
ViscFat	7	5	4.0	-0.047	0.821	0.0	15	2024-03-27
BodyWater	55.5	59.1	57.5	0.064	0.956	0.0	-26	2024-02-15
SkelMuscle	49.6	52.9	54.0	0.058	0.957	0.0	19	2024-03-31
MuscleMass	48.39	45.44	48.0	-0.051	0.943	0.0	-53	2024-01-19
BoneMass	2.52	2.39	2.48	-0.002	0.846	0.0	-37	2024-02-04
Protein	17.5	18.7	20.0	0.02	0.943	0.0	67	2024-05-18
BMR	1459	1403	1491.5	-1.047	0.849	0.0	-85	2023-12-18