

Summary of health stats: 2024-02-21

Metric	start_val	current_val	Goal	slope	R_squared	P value	Days to go	Goal day
Weight	66.2	61.0	59.0	-0.164	0.911	0.0	8	2024-02-29
BMI	24.3	22.4	21.75	-0.061	0.912	0.0	6	2024-02-27
BodyFat	23.1	20.0	17.0	-0.102	0.922	0.0	25	2024-03-17
SubcutFat	20.6	18.0	16.7	-0.087	0.928	0.0	10	2024-03-02
ViscFat	7	6	5.0	-0.05	0.628	0.0	12	2024-03-04
BodyWater	55.5	57.8	57.5	0.075	0.924	0.0	-8	2024-02-13
SkelMuscle	49.6	51.6	54.0	0.067	0.923	0.0	31	2024-03-23
MuscleMass	48.39	46.36	48.0	-0.062	0.904	0.0	-31	2024-01-21
BoneMass	2.52	2.44	2.48	-0.002	0.69	0.0	-17	2024-02-04
Protein	17.5	18.2	20.0	0.023	0.89	0.0	73	2024-05-04
BMR	1459	1424	1491.5	-1.073	0.696	0.0	-63	2023-12-20