It can be realized that both models have p-values <0.0001 so both models are significant.

The model with M% has an R square value of 0.642 and the model with Xf has an r square of 0.264.

As a measure of goodness of fit of a model, it is better to have a higher R scrap value. This is because in models with higher R-squared values, more of the variation in the response is explained, that is there is less unexplained variations. However, there is no cut off to define what good R squared value is.