



Plantilla de medidas

Paciente: Gerardo Mirón

| Fecha / Item | Datos iniciales 6/02/15 | 6/03 | 9/04 | 7/05 | 10/06 | / |
|---------------------|----------------------------|--------|-------|--------|--------|---|
| Peso | 213.4 | 197.8 | 187.1 | 183.5 | 174.7 | |
| IMC | 32.8 | 30.4 | 28.9 | 28.2 | 26.8 | |
| PGC | 30.9% | 26.2% | 23.4 | 22.3% | 19% | |
| Cuello | 41.5 | 39.2 | 38 | 38 | 37 | |
| Busto | 116 | 112 | 108 | 106 | 102 | |
| Cintura | 104 | 97.5 | 92 | 90 | 86 | |
| Cadera | 105 | 103 | 102 | 102 | 101 | |
| Muslo | 62.5 | 60 | 57.5 | 57 | 56 | |
| Brazo | 38.5 | 36 | 35.5 | 35 | 34 | |
| Muñeca | 18.5 | 18 | 17.5 | 17.5 | 17.5 | |
| Presión | 121/78 | 125/71 | 97/73 | 107/64 | 110/62 | |
| Relación c/c | 0.99 | 0.95 | 0.90 | 0.88 | 0.85 | |



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IMC: Índice de masa muscular
PGC: Porcentaje de grasa en el cuerpo