



## Plantilla de medidas

Paciente: Verónica Aguilar

| Fecha / Item        | Datos iniciales<br>17/04/15 | 20/05  | / | / | / | / |
|---------------------|-----------------------------|--------|---|---|---|---|
| <b>Peso</b>         | 165.7                       | 153.3  |   |   |   |   |
| <b>IMC</b>          | 28.7                        | 26.6   |   |   |   |   |
| <b>PGC</b>          | 38.6%                       | 35.3%  |   |   |   |   |
| <b>Cuello</b>       | 37                          | 35.5   |   |   |   |   |
| <b>Busto</b>        | 105                         | 99     |   |   |   |   |
| <b>Cintura</b>      | 87                          | 82     |   |   |   |   |
| <b>Cadera</b>       | 109                         | 104    |   |   |   |   |
| <b>Muslo</b>        | 60.5                        | 58     |   |   |   |   |
| <b>Brazo</b>        | 32.5                        | 30.5   |   |   |   |   |
| <b>Muñeca</b>       | 16.5                        | 16     |   |   |   |   |
| <b>Presión</b>      | 116/75                      | 105/63 |   |   |   |   |
| <b>Relación c/c</b> | 0.80                        | 0.79   |   |   |   |   |



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