



Plantilla de medidas

Paciente: Yanin Botto

| Fecha / Item | Datos iniciales 17/02/14 | 20/04/15 | / | / | / | / |
|---------------------|-----------------------------|----------|---|---|---|---|
| Peso | 160.2 | 136.8 | | | | |
| IMC | 29.9 | 25.6 | | | | |
| PGC | 40% | 33.8% | | | | |
| Cuello | 33.5 | 33.5 | | | | |
| Busto | 106 | 99 | | | | |
| Cintura | 97 | 86 | | | | |
| Cadera | 102 | 97 | | | | |
| Muslo | 62 | 55 | | | | |
| Brazo | 34 | 31.5 | | | | |
| Muñeca | 16 | 15.5 | | | | |
| Presión | 114/74 | 92/62 | | | | |
| Relación c/c | 0.95 | 0.89 | | | | |



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