



Plantilla de medidas

Paciente: Sandra Wunderlich

| Fecha / Item | Datos iniciales 21/05 | 25/06 | 23/07 | 20/08 | 23/09 | 23/10 |
|---------------------|--------------------------|--------|--------|--------|--------|-------|
| Peso | 197.8 | 180.4 | 171.4 | 163.6 | 157.3 | 149.8 |
| IMC | 32.3 | 29.4 | 27.9 | 26.8 | 25.6 | 24.4 |
| PGC | 45.8% | 45.8% | 43.8% | 42.5% | 39.5% | 37.5% |
| Cuello | 37 | 35 | 34 | 34 | 34 | 33.5 |
| Busto | 96 | 93 | 90.5 | 89.5 | 88 | 88 |
| Cintura | 98 | 91 | 88 | 86.5 | 82 | 80 |
| Cadera | 121 | 115 | 110 | 110 | 104 | 102 |
| Muslo | 68 | 63.5 | 61 | 58 | 57 | 56 |
| Brazo | 36 | 34 | 33 | 32 | 31.5 | 31 |
| Muñeca | 17 | 16.5 | 16.5 | 16.5 | 16.5 | 16 |
| Presión | 130/76 | 126/66 | 116/66 | 128/76 | 103/66 | 95/55 |
| Relación c/c | 0.81 | 0.75 | 0.80 | 0.78 | 0.79 | 0.78 |



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