



## Plantilla de medidas

Paciente: Kristine Peyre

| Fecha / Item        | Datos iniciales<br>7/07 | 11/08  | / | / | / | / |
|---------------------|-------------------------|--------|---|---|---|---|
| <b>Peso</b>         | 164.8                   | 154.6  |   |   |   |   |
| <b>IMC</b>          | 25.3                    | 23.7   |   |   |   |   |
| <b>PGC</b>          | 34.3%                   | 30.3%  |   |   |   |   |
| <b>Cuello</b>       | 35.5                    | 34     |   |   |   |   |
| <b>Busto</b>        | 99                      | 94.5   |   |   |   |   |
| <b>Cintura</b>      | 81                      | 77.5   |   |   |   |   |
| <b>Cadera</b>       | 111                     | 107.5  |   |   |   |   |
| <b>Muslo</b>        | 63                      | 60     |   |   |   |   |
| <b>Brazo</b>        | 33                      | 30     |   |   |   |   |
| <b>Muñeca</b>       | 17                      | 16.5   |   |   |   |   |
| <b>Presión</b>      | 127/84                  | 109/62 |   |   |   |   |
| <b>Relación c/c</b> | 0.73                    | 0.72   |   |   |   |   |



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