



Plantilla de medidas

Paciente: Florence Balzaretti

| Fecha / Item | Datos iniciales 19/01/15 | 18/02 | 24/03 | / | / | / |
|---------------------|-----------------------------|--------|--------|---|---|---|
| Peso | 189.8 | 177.5 | 171.8 | | | |
| IMC | 27.9 | 20 | 25.2 | | | |
| PGC | 39.2% | 37.6% | 38.7% | | | |
| Cuello | 34 | 33.5 | 33 | | | |
| Busto | 105 | 99 | 97 | | | |
| Cintura | 93 | 86 | 83 | | | |
| Cadera | 118 | 116 | 114 | | | |
| Muslo | 68 | 66 | 65 | | | |
| Brazo | 34 | 33.5 | 32.5 | | | |
| Muñeca | 16.5 | 17 | 16.6 | | | |
| Presión | 132/89 | 124/82 | 107/77 | | | |
| Relación c/c | 0.79 | 0.74 | 0.73 | | | |



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