



## Plantilla de medidas

Paciente: Ingrid de Castillo

| Fecha / Item        | Datos iniciales<br>23/09 | 23/10  | 24/11  | / | / | / |
|---------------------|--------------------------|--------|--------|---|---|---|
| <b>Peso</b>         | 161.5                    | 149.6  | 143    |   |   |   |
| <b>IMC</b>          | 30.2                     | 27.9   | 26.7   |   |   |   |
| <b>PGC</b>          | 39.9%                    | 36.6%  | 36.1%  |   |   |   |
| <b>Cuello</b>       | 39                       | 37     | 36     |   |   |   |
| <b>Busto</b>        | 107                      | 104    | 99     |   |   |   |
| <b>Cintura</b>      | 94                       | 89     | 86     |   |   |   |
| <b>Cadera</b>       | 108                      | 104    | 104    |   |   |   |
| <b>Muslo</b>        | 62                       | 59     | 57.5   |   |   |   |
| <b>Brazo</b>        | 31.5                     | 30.5   | 30     |   |   |   |
| <b>Muñeca</b>       | 16                       | 15.5   | 15.5   |   |   |   |
| <b>Presión</b>      | 121/73                   | 104/78 | 113/76 |   |   |   |
| <b>Relación c/c</b> | 0.87                     | 0.86   | 0.83   |   |   |   |



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