



## Plantilla de medidas

Paciente: María Andree DAcaret

| Fecha / Item        | Datos iniciales<br>11/09 | 15/10  | 18/11  | 22/12  | / | / |
|---------------------|--------------------------|--------|--------|--------|---|---|
| <b>Peso</b>         | 172.2                    | 164.8  | 159.7  | 159.3  |   |   |
| <b>IMC</b>          | 29.4                     | 28.2   | 27.3   | 27.2   |   |   |
| <b>PGC</b>          | 39.2%                    | 37.6%  | 36.3%  | 36.1%  |   |   |
| <b>Cuello</b>       | 37.5                     | 36     | 35.5   | 35.5   |   |   |
| <b>Busto</b>        | 107.5                    | 105.5  | 102.5  | 102    |   |   |
| <b>Cintura</b>      | 92                       | 87.5   | 86     | 86     |   |   |
| <b>Cadera</b>       | 108                      | 104    | 103    | 100    |   |   |
| <b>Muslo</b>        | 63.5                     | 63     | 62     | 61     |   |   |
| <b>Brazo</b>        | 34                       | 33     | 33     | 32.5   |   |   |
| <b>Muñeca</b>       | 17                       | 17     | 17     | 16.7   |   |   |
| <b>Presión</b>      | ---                      | 108/67 | 106/71 | 112/76 |   |   |
| <b>Relación c/c</b> | 0.85                     | 0.84   | 0.83   | 0.86   |   |   |



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