



Plantilla de medidas

Paciente: Carmen de Kong

| Fecha / Item | Datos iniciales 19/02/15 | 12/03 | 13/04 | / | / | / |
|---------------------|-----------------------------|--------|--------|---|---|---|
| Peso | 170.3 | 164.1 | 158 | | | |
| IMC | 31.8 | 30.7 | 29.5 | | | |
| PGC | 43.1% | 40.8% | --- | | | |
| Cuello | 37.5 | 36 | 35.5 | | | |
| Busto | 103 | 101 | 100 | | | |
| Cintura | 98 | 93 | 91 | | | |
| Cadera | 112 | 109 | 107 | | | |
| Muslo | 62 | 61 | 60 | | | |
| Brazo | 35 | 33.5 | 33 | | | |
| Muñeca | 16.5 | 16.2 | 16 | | | |
| Presión | 119/60 | 130/61 | 108/57 | | | |
| Relación c/c | 0.88 | 0.85 | 0.85 | | | |



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