



Plantilla de medidas

Paciente: Cary de Peyre

| Fecha / Item | Datos iniciales 7/07 | 8/01/15 | 2/02/15 | / | / | / |
|---------------------|-------------------------|---------|---------|---|---|---|
| Peso | 177.3 | 141 | 140 | | | |
| IMC | 28.9 | 23 | 22.8 | | | |
| PGC | 41.3% | 31.7% | 31.4 | | | |
| Cuello | 39 | 35 | 35 | | | |
| Busto | 110 | 96 | 97 | | | |
| Cintura | 93 | 77 | 77 | | | |
| Cadera | 109.5 | 98 | 98 | | | |
| Muslo | 64 | 53 | 54 | | | |
| Brazo | 35 | 30 | 30 | | | |
| Muñeca | 16.8 | 16 | 16 | | | |
| Presión | 123/74 | 110 | 114/79 | | | |
| Relación c/c | 0.85 | 0.79 | 0.79 | | | |



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