



Plantilla de medidas

Paciente: Mario José Triay

| Fecha / Item | Datos iniciales 5/09 | 7/10 | 7/11 | / | / | / |
|---------------------|-------------------------|--------|--------|---|---|---|
| Peso | 237.6 | 224 | 215 | | | |
| IMC | 39.19 | 37.05 | 35.5 | | | |
| PGC | 30.7% | 31.6% | 28.7% | | | |
| Cuello | 48 | 47 | 46 | | | |
| Busto | 121.5 | 120 | 118 | | | |
| Cintura | 116 | 114 | 109 | | | |
| Cadera | 111 | 111 | 108 | | | |
| Muslo | 67 | 65.5 | 63 | | | |
| Brazo | 39.5 | 40 | 38.5 | | | |
| Muñeca | 19 | 19 | 19 | | | |
| Presión | 125/83 | 109/72 | 126/71 | | | |
| Relación c/c | 1.04 | 1.03 | 1.00 | | | |



www.plusvida.org

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