

Fitness Assessment Report 2019-2020 Term-2

Name	ADARSH SAHU	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321116000001		
Gender / DOB	Boy / 12 Nov 2010		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	17.0 cm	5.3 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 40 cm 0 mm	66.0 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	9.886 sec	15.755 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	5 min 30 sec 907ms	8 min 9 sec 898ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	19.901 sec	17.155 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	9 times	10 times	A	A+	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	10 times	9 times	A	A-	Athletic. There is scope for improvement.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	30 kg	137 cm	15.98		✓			<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	27 kg	134 cm	15.04		✓			<= 14.00	< 16.20	< 18.60	> 21.00

You need to maintain your weight by doing regular Physical Activity and having Balanced Diet.

Dietary

- a. Calorie -Need to be maintained regularly.
- b. Food Restrictions - Choose variety of food with avoidance of extra fat.
- c. Healthier Choices - Maintain the healthier diet practice with natural and healthier choices and avoidance of artificial food.

Activity to be pursued

- a. Exercise - Additional exercises with increase in load and intensity can be initiated.
- b. Physical Activity - Stretch your level of physical activity with additional indoor and outdoor recreational, household and sports activities.
- c. Sports Participation - Add your choice of participation in sports activities with additional sports of various nature and abilities.

To view the detailed dashboard, You can check your comprehensive FitKVian Dashboard by logging into the following link with your UserID and Password : <http://FitKVian.in>.

Fitness Assessment Report 2019-2020 Term-2

Name	ADITI GANVIR	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321116000049		
Gender / DOB	Girl / 07 Dec 2009		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	11.0 cm	3.9 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 0 cm 0 mm	50.0 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	11.751 sec	16.341 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	5 min 32 sec 623ms	9 min 10 sec 804ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	16.451 sec	17.640 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec		12 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	9 times	8 times	A	A-	Athletic. There is scope for improvement.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	23 kg	128 cm	14.04		✓			<= 14.00	< 16.80	< 19.80	> 23.00
Previous BMI	18 kg	122 cm	12.09	✓				<= 14.00	< 16.80	< 19.80	> 23.00

You need to maintain your weight by doing regular Physical Activity and having Balanced Diet.

Dietary

- a. Calorie -Need to be maintained regularly.
- b. Food Restrictions - Choose variety of food with avoidance of extra fat.
- c. Healthier Choices - Maintain the healthier diet practice with natural and healthier choices and avoidance of artificial food.

Activity to be pursued

- a. Exercise - Additional exercises with increase in load and intensity can be initiated.
- b. Physical Activity - Stretch your level of physical activity with additional indoor and outdoor recreational, household and sports activities.
- c. Sports Participation - Add your choice of participation in sports activities with additional sports of various nature and abilities.

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Fitness Assessment Report 2019-2020 Term-2

Name	ANJALI	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321116000093		
Gender / DOB	Girl / 03 Dec 2010		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	14.0 cm	5.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 0 cm 0 mm	92.5 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	8.674 sec	16.116 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	5 min 39 sec 855ms	8 min 10 sec 717ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	17.177 sec	18.15 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec		8 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	10 times	6 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	25 kg	131 cm	14.57		✓			<= 13.80	< 16.20	< 19.00	> 21.60
Previous BMI	23 kg	128 cm	14.04		✓			<= 13.80	< 16.20	< 19.00	> 21.60

You need to maintain your weight by doing regular Physical Activity and having Balanced Diet.

Dietary

- a. Calorie -Need to be maintained regularly.
- b. Food Restrictions - Choose variety of food with avoidance of extra fat.
- c. Healthier Choices - Maintain the healthier diet practice with natural and healthier choices and avoidance of artificial food.

Activity to be pursued

- a. Exercise - Additional exercises with increase in load and intensity can be initiated.
- b. Physical Activity - Stretch your level of physical activity with additional indoor and outdoor recreational, household and sports activities.
- c. Sports Participation - Add your choice of participation in sports activities with additional sports of various nature and abilities.

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Fitness Assessment Report 2019-2020 Term-2

Name ARYAN CHANDRAWANSHI **Period:** Oct 2019 to Apr 2020
Class IV-A
Registration No 232100122321116000145
Gender / DOB Boy / 09 Nov 2010
School Name KENDRIYA VIDYALAYA JV JAMMAI

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	12.0 cm	4.2 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 0 cm 0 mm	95.3 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	8.753 sec	18.21 sec	A	A-	Very Good. You can improve!
600 meter run/walk	5 min 53 sec 651ms	6 min 19 sec 474ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	18.557 sec	19.201 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	10 times	11 times	A	A+	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	11 times	4 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	25 kg	133 cm	14.13		✓			<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	22 kg	122 cm	14.78		✓			<= 14.00	< 16.20	< 18.60	> 21.00

You need to maintain your weight by doing regular Physical Activity and having Balanced Diet.

Dietary

- Calorie -Need to be maintained regularly.
- Food Restrictions - Choose variety of food with avoidance of extra fat.
- Healthier Choices - Maintain the healthier diet practice with natural and healthier choices and avoidance of artificial food.

Activity to be pursued

- Exercise - Additional exercises with increase in load and intensity can be initiated.
- Physical Activity - Stretch your level of physical activity with additional indoor and outdoor recreational, household and sports activities.
- Sports Participation - Add your choice of participation in sports activities with additional sports of various nature and abilities.

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Fitness Assessment Report 2019-2020 Term-2

Name	ASHIT DHURVE	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321116000156		
Gender / DOB	Boy / 16 Feb 2010		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	13.0 cm	4.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 0 cm 0 mm	57.5 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	7.545 sec	17.233 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	6 min 0 sec 882ms	6 min 12 sec 345ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	16.752 sec	17.484 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	9 times	12 times	A	A+	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	15 times	7 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	31 kg	136 cm	16.76			✓		<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	27 kg	133 cm	15.26		✓			<= 14.00	< 16.20	< 18.60	> 21.00

You can reduce your weight by 1.04 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

- a. Calorie - Need to be decreased.
- b. Food Restrictions - Need to restrict food with extra fat.
- c. Healthier Choices - Replace fast foods and synthetic food items with natural and healthier choices like natural juices instead of sugar coted or aerated drinks.

Activity to be pursued

- a. Exercise - Regular exercise is essential and recommended on daily basis.
- b. Physical Activity - Keep moving is the most efficient way to burn calories and shed excess weight, any extra movement helps burn calories. Involve in household chores and do other basic activities yourself.
- c. Sports Participation - Regular sports participation is important. Involve in more of endurance sports.

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Fitness Assessment Report 2019-2020 Term-2

Name	ATHARV VISHWAKARMA	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321116000043		
Gender / DOB	Boy / 13 Nov 2010		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision		Flat foot	Spinal Deformity		
	Left Eye	Right Eye		Scoliosis	Kyphosis	Lordosis
Blood group	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	12.0 cm	5.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 10 cm 0 mm	75.3 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	9.5 sec	18.288 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
600 meter run/walk	6 min 10 sec 62ms	8 min 13 sec 463ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	14.840 sec	18.893 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	10 times	12 times	A	A+	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	12 times	4 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	25 kg	133 cm	14.13		✓			<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	22 kg	129 cm	13.22	✓				<= 14.00	< 16.20	< 18.60	> 21.00

You need to maintain your weight by doing regular Physical Activity and having Balanced Diet.

Dietary

- a. Calorie -Need to be maintained regularly.
- b. Food Restrictions - Choose variety of food with avoidance of extra fat.
- c. Healthier Choices - Maintain the healthier diet practice with natural and healthier choices and avoidance of artificial food.

Activity to be pursued

- a. Exercise - Additional exercises with increase in load and intensity can be initiated.
- b. Physical Activity - Stretch your level of physical activity with additional indoor and outdoor recreational, household and sports activities.
- c. Sports Participation - Add your choice of participation in sports activities with additional sports of various nature and abilities.

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Fitness Assessment Report 2019-2020 Term-2

Name	AVNI CHATURVEDI	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321116000118		
Gender / DOB	Girl / 19 Mar 2011		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	11.0 cm	4.6 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 25 cm 0 mm	64.2 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	13.146 sec	16.852 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	6 min 29 sec 407ms	8 min 8 sec 560ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	17.179 sec	18.75 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec		9 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	13 times	3 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	34 kg	135 cm	18.66				✓	<= 13.60	< 15.80	< 18.20	> 20.60
Previous BMI	30 kg	132 cm	17.22			✓		<= 13.60	< 15.80	< 18.20	> 20.60

You can reduce your weight by 5.2 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

- a. Calorie - Need to be decreased.
- b. Food Restrictions - Need to restrict food with extra fat.
- c. Healthier Choices - Replace fast foods and synthetic food items with natural and healthier choices like natural juices instead of sugar coted or aerated drinks.

Activity to be pursued

- a. Exercise - Regular exercise is essential and recommended on daily basis.
- b. Physical Activity - Keep moving is the most efficient way to burn calories and shed excess weight, any extra movement helps burn calories. Involve in household chores and do other basic activities yourself.
- c. Sports Participation - Regular sports participation is important. Involve in more of endurance sports.

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Fitness Assessment Report 2019-2020 Term-2

Name	BHAVISHYA YADAV	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321116000169		
Gender / DOB	Boy / 10 Feb 2010		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision			Spinal Deformity		
	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
Blood group	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	13.0 cm	6.9 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 30 cm 0 mm	76.3 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	13.600 sec	19.574 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
600 meter run/walk	7 min 0 sec 615ms	8 min 14 sec 944ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	16.782 sec	22.993 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	10 times	9 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	12 times	4 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	25 kg	132 cm	14.35		✓			<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	23 kg	128 cm	14.04		✓			<= 14.00	< 16.20	< 18.60	> 21.00

You need to maintain your weight by doing regular Physical Activity and having Balanced Diet.

Dietary

- a. Calorie -Need to be maintained regularly.
- b. Food Restrictions - Choose variety of food with avoidance of extra fat.
- c. Healthier Choices - Maintain the healthier diet practice with natural and healthier choices and avoidance of artificial food.

Activity to be pursued

- a. Exercise - Additional exercises with increase in load and intensity can be initiated.
- b. Physical Activity - Stretch your level of physical activity with additional indoor and outdoor recreational, household and sports activities.
- c. Sports Participation - Add your choice of participation in sports activities with additional sports of various nature and abilities.

To view the detailed dashboard, You can check your comprehensive FitKVian Dashboard by logging into the following link with your UserID and Password : <http://FitKVian.in>.

Fitness Assessment Report 2019-2020 Term-2

Name	CHAITANYA SINGH THAKUR	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321119000350		
Gender / DOB	Boy / 23 Jul 2010		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	14.0 cm	4.1 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 30 cm 0 mm	85.3 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	10.822 sec	16.824 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	5 min 42 sec 638ms	8 min 0 sec 659ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	15.717 sec	18.395 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	12 times	11 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	8 times	6 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	28 kg	136 cm	15.14		✓			<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	25 kg	134 cm	13.92	✓				<= 14.00	< 16.20	< 18.60	> 21.00

You need to maintain your weight by doing regular Physical Activity and having Balanced Diet.

Dietary

- a. Calorie -Need to be maintained regularly.
- b. Food Restrictions - Choose variety of food with avoidance of extra fat.
- c. Healthier Choices - Maintain the healthier diet practice with natural and healthier choices and avoidance of artificial food.

Activity to be pursued

- a. Exercise - Additional exercises with increase in load and intensity can be initiated.
- b. Physical Activity - Stretch your level of physical activity with additional indoor and outdoor recreational, household and sports activities.
- c. Sports Participation - Add your choice of participation in sports activities with additional sports of various nature and abilities.

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Fitness Assessment Report 2019-2020 Term-2

Name	CHITRANJALI CHATTERJEE	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321117000251		
Gender / DOB	Girl / 25 Nov 2010		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	12.0 cm	6.4 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 10 cm 0 mm	50.0 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	13.572 sec	17.467 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	5 min 52 sec 768ms	8 min 11 sec 669ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	16.968 sec	22.285 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec		12 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	12 times	6 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	29 kg	133 cm	16.39			✓		<= 13.80	< 16.20	< 19.00	> 21.60
Previous BMI	25 kg	128 cm	15.26		✓			<= 13.80	< 16.20	< 19.00	> 21.60

You can reduce your weight by 0.34 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

- a. Calorie - Need to be decreased.
- b. Food Restrictions - Need to restrict food with extra fat.
- c. Healthier Choices - Replace fast foods and synthetic food items with natural and healthier choices like natural juices instead of sugar coted or aerated drinks.

Activity to be pursued

- a. Exercise - Regular exercise is essential and recommended on daily basis.
- b. Physical Activity - Keep moving is the most efficient way to burn calories and shed excess weight, any extra movement helps burn calories. Involve in household chores and do other basic activities yourself.
- c. Sports Participation - Regular sports participation is important. Involve in more of endurance sports.

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Fitness Assessment Report 2019-2020 Term-2

Name	DENISH DHURVE	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321116000060		
Gender / DOB	Boy / 27 Nov 2010		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	13.0 cm	5.1 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 40 cm 0 mm	82.3 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	11.14 sec	17.58 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	5 min 53 sec 818ms	6 min 22 sec 698ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	18.197 sec	20.236 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	9 times	8 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	13 times	4 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	32 kg	138 cm	16.80			✓		<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	28 kg	130 cm	16.57			✓		<= 14.00	< 16.20	< 18.60	> 21.00

You can reduce your weight by 1.15 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

- a. Calorie - Need to be decreased.
- b. Food Restrictions - Need to restrict food with extra fat.
- c. Healthier Choices - Replace fast foods and synthetic food items with natural and healthier choices like natural juices instead of sugar coted or aerated drinks.

Activity to be pursued

- a. Exercise - Regular exercise is essential and recommended on daily basis.
- b. Physical Activity - Keep moving is the most efficient way to burn calories and shed excess weight, any extra movement helps burn calories. Involve in household chores and do other basic activities yourself.
- c. Sports Participation - Regular sports participation is important. Involve in more of endurance sports.

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Fitness Assessment Report 2019-2020 Term-2

Name	DEV VISHWAKARMA	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321116000014		
Gender / DOB	Boy / 17 Jun 2010		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	15.0 cm	2.2 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 20 cm 0 mm	82.3 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	15.527 sec	17.650 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	5 min 56 sec 567ms	6 min 44 sec 234ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	17.868 sec	18.580 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	11 times	10 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	13 times	3 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	22 kg	130 cm	13.02	✓				<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	20 kg	127 cm	12.40	✓				<= 14.00	< 16.20	< 18.60	> 21.00

You can increase your weight by 5.38 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

- a. Calorie - Need to be increased.
- b. Food Restrictions - Not required, instead choose variety of food.
- c. Healthier Choices - Make overall diet healthier, eat more plant-based foods, such as fruits, vegetables and whole-grain carbohydrates.

Activity to be pursued

- a. Exercise - Regular exercise without getting fatigue is important. Don't over exert.
- b. Physical Activity - Physical activity is recommended but with adequate rest and recovery.
- c. Sports Participation - Participation in sports activity is helpful. Team sports and individual sports are beneficial.

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Fitness Assessment Report 2019-2020 Term-2

Name	DIVYANSHI PAWAR	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321116000155		
Gender / DOB	Girl / 11 May 2010		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	12.0 cm	5.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 20 cm 0 mm	50.0 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	12.744 sec	17.800 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	5 min 32 sec 279ms	8 min 14 sec 80ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	18.573 sec	23.13 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec		7 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	11 times	5 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	26 kg	137 cm	13.85		✓			<= 13.80	< 16.20	< 19.00	> 21.60
Previous BMI	24 kg	134 cm	13.37	✓				<= 13.80	< 16.20	< 19.00	> 21.60

You need to maintain your weight by doing regular Physical Activity and having Balanced Diet.

Dietary

- a. Calorie -Need to be maintained regularly.
- b. Food Restrictions - Choose variety of food with avoidance of extra fat.
- c. Healthier Choices - Maintain the healthier diet practice with natural and healthier choices and avoidance of artificial food.

Activity to be pursued

- a. Exercise - Additional exercises with increase in load and intensity can be initiated.
- b. Physical Activity - Stretch your level of physical activity with additional indoor and outdoor recreational, household and sports activities.
- c. Sports Participation - Add your choice of participation in sports activities with additional sports of various nature and abilities.

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Fitness Assessment Report 2019-2020 Term-2

Name	HITARTH SHARMA	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321116000044		
Gender / DOB	Boy / 02 Oct 2010		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	12.0 cm	4.1 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 35 cm 0 mm	59.0 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	14.181 sec	16.651 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	6 min 32 sec 741ms	8 min 15 sec 795ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	16.830 sec	20.976 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	9 times	9 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	8 times	4 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	33 kg	137 cm	17.58			✓		<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	26 kg	135 cm	14.27		✓			<= 14.00	< 16.20	< 18.60	> 21.00

You can reduce your weight by 2.59 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

- a. Calorie - Need to be decreased.
- b. Food Restrictions - Need to restrict food with extra fat.
- c. Healthier Choices - Replace fast foods and synthetic food items with natural and healthier choices like natural juices instead of sugar coted or aerated drinks.

Activity to be pursued

- a. Exercise - Regular exercise is essential and recommended on daily basis.
- b. Physical Activity - Keep moving is the most efficient way to burn calories and shed excess weight, any extra movement helps burn calories. Involve in household chores and do other basic activities yourself.
- c. Sports Participation - Regular sports participation is important. Involve in more of endurance sports.

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Fitness Assessment Report 2019-2020 Term-2

Name	JIGYASU	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321116000120		
Gender / DOB	Boy / 27 Dec 2010		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	13.0 cm	3.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 22 cm 0 mm	82.3 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	13.354 sec	17.85 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	6 min 35 sec 223ms	7 min 25 sec 595ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	16.330 sec	22.175 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	11 times	8 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	10 times	6 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	24 kg	129 cm	14.42		✓			<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	21 kg	124 cm	13.66	✓				<= 14.00	< 16.20	< 18.60	> 21.00

You need to maintain your weight by doing regular Physical Activity and having Balanced Diet.

Dietary

- a. Calorie -Need to be maintained regularly.
- b. Food Restrictions - Choose variety of food with avoidance of extra fat.
- c. Healthier Choices - Maintain the healthier diet practice with natural and healthier choices and avoidance of artificial food.

Activity to be pursued

- a. Exercise - Additional exercises with increase in load and intensity can be initiated.
- b. Physical Activity - Stretch your level of physical activity with additional indoor and outdoor recreational, household and sports activities.
- c. Sports Participation - Add your choice of participation in sports activities with additional sports of various nature and abilities.

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Fitness Assessment Report 2019-2020 Term-2

Name	KESHAV BATRA	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321116000206		
Gender / DOB	Boy / 27 Oct 2010		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	17.0 cm	4.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 0 cm 0 mm	60.0 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	13.663 sec	19.357 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
600 meter run/walk	6 min 51 sec 969ms	6 min 56 sec 312ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhasrika, bhramari).
50 mt. dash	17.329 sec	21.55 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	9 times	9 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	12 times	4 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	40 kg	138 cm	21.00				✓	<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	38 kg	134 cm	21.16				✓	<= 14.00	< 16.20	< 18.60	> 21.00

You can reduce your weight by 9.15 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

- Calorie - Need to be decreased.
- Food Restrictions - Need to restrict food with extra fat.
- Healthier Choices - Replace fast foods and synthetic food items with natural and healthier choices like natural juices instead of sugar coted or aerated drinks.

Activity to be pursued

- Exercise - Regular exercise is essential and recommended on daily basis.
- Physical Activity - Keep moving is the most efficient way to burn calories and shed excess weight, any extra movement helps burn calories. Involve in household chores and do other basic activities yourself.
- Sports Participation - Regular sports participation is important. Involve in more of endurance sports.

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Fitness Assessment Report 2019-2020 Term-2

Name KHUSHAL YADAV **Period:** Oct 2019 to Apr 2020
Class IV-A
Registration No 232100122321116000011
Gender / DOB Boy / 19 Sep 2010
School Name KENDRIYA VIDYALAYA JV JAMMAI

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	17.0 cm	6.8 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 0 cm 0 mm	72.3 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	13.611 sec	18.4 sec	A	A-	Very Good. You can improve!
600 meter run/walk	5 min 44 sec 110ms	6 min 26 sec 240ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	16.479 sec	21.606 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	10 times	9 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	10 times	3 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	28 kg	130 cm	16.57			✓		<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	24 kg	125 cm	15.36		✓			<= 14.00	< 16.20	< 18.60	> 21.00

You can reduce your weight by 0.62 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

- Calorie - Need to be decreased.
- Food Restrictions - Need to restrict food with extra fat.
- Healthier Choices - Replace fast foods and synthetic food items with natural and healthier choices like natural juices instead of sugar coted or aerated drinks.

Activity to be pursued

- Exercise - Regular exercise is essential and recommended on daily basis.
- Physical Activity - Keep moving is the most efficient way to burn calories and shed excess weight, any extra movement helps burn calories. Involve in household chores and do other basic activities yourself.
- Sports Participation - Regular sports participation is important. Involve in more of endurance sports.

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Fitness Assessment Report 2019-2020 Term-2

Name	KUMARI KRISHNA MALVIYA	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321118000310		
Gender / DOB	Girl / 08 Jun 2010		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	16.0 cm	3.9 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 10 cm 0 mm	50.0 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	12.793 sec	18.756 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	6 min 19 sec 816ms	9 min 17 sec 587ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	16.116 sec	18.904 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec		9 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	9 times	5 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	28 kg	141 cm	14.08		✓			<= 13.80	< 16.20	< 19.00	> 21.60
Previous BMI	26 kg	139 cm	13.46	✓				<= 13.80	< 16.20	< 19.00	> 21.60

You need to maintain your weight by doing regular Physical Activity and having Balanced Diet.

Dietary

- a. Calorie -Need to be maintained regularly.
- b. Food Restrictions - Choose variety of food with avoidance of extra fat.
- c. Healthier Choices - Maintain the healthier diet practice with natural and healthier choices and avoidance of artificial food.

Activity to be pursued

- a. Exercise - Additional exercises with increase in load and intensity can be initiated.
- b. Physical Activity - Stretch your level of physical activity with additional indoor and outdoor recreational, household and sports activities.
- c. Sports Participation - Add your choice of participation in sports activities with additional sports of various nature and abilities.

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Fitness Assessment Report 2019-2020 Term-2

Name	LAKSHYA	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321116000157		
Gender / DOB	Boy / 03 Aug 2010		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	11.0 cm	5.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 30 cm 0 mm	62.0 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	10.514 sec	18.522 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
600 meter run/walk	6 min 24 sec 215ms	7 min 59 sec 624ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	14.817 sec	19.227 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	9 times	13 times	A	A+	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	15 times	5 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	40 kg	137 cm	21.31				✓	<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	29 kg	134 cm	16.15		✓			<= 14.00	< 16.20	< 18.60	> 21.00

You can reduce your weight by 9.59 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

- Calorie - Need to be decreased.
- Food Restrictions - Need to restrict food with extra fat.
- Healthier Choices - Replace fast foods and synthetic food items with natural and healthier choices like natural juices instead of sugar coted or aerated drinks.

Activity to be pursued

- Exercise - Regular exercise is essential and recommended on daily basis.
- Physical Activity - Keep moving is the most efficient way to burn calories and shed excess weight, any extra movement helps burn calories. Involve in household chores and do other basic activities yourself.
- Sports Participation - Regular sports participation is important. Involve in more of endurance sports.

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Fitness Assessment Report 2019-2020 Term-2

Name	MANAS JAISWAL	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321116000089		
Gender / DOB	Boy / 01 Sep 2010		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	9.0 cm	5.7 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 30 cm 0 mm	57.0 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	11.184 sec	19.141 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
600 meter run/walk	6 min 27 sec 81ms	8 min 14 sec 631ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	15.505 sec	21.389 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	8 times	9 times	A	A+	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	12 times	4 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	25 kg	125 cm	16.00		✓			<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	23 kg	130 cm	13.61	✓				<= 14.00	< 16.20	< 18.60	> 21.00

You need to maintain your weight by doing regular Physical Activity and having Balanced Diet.

Dietary

- a. Calorie -Need to be maintained regularly.
- b. Food Restrictions - Choose variety of food with avoidance of extra fat.
- c. Healthier Choices - Maintain the healthier diet practice with natural and healthier choices and avoidance of artificial food.

Activity to be pursued

- a. Exercise - Additional exercises with increase in load and intensity can be initiated.
- b. Physical Activity - Stretch your level of physical activity with additional indoor and outdoor recreational, household and sports activities.
- c. Sports Participation - Add your choice of participation in sports activities with additional sports of various nature and abilities.

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Fitness Assessment Report 2019-2020 Term-2

Name	MANMEET KAVRETI	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321118000311		
Gender / DOB	Boy / 31 Jan 2010		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	7.0 cm	4.6 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 0 cm 0 mm	52.0 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	10.229 sec	18.319 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
600 meter run/walk	6 min 29 sec 381ms	8 min 15 sec 216ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhasrika, bhramari).
50 mt. dash	16.335 sec	24.88 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	10 times	10 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	9 times	5 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	23 kg	123 cm	15.20		✓			<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	18 kg	119 cm	12.71	✓				<= 14.00	< 16.20	< 18.60	> 21.00

You need to maintain your weight by doing regular Physical Activity and having Balanced Diet.

Dietary

- a. Calorie -Need to be maintained regularly.
- b. Food Restrictions - Choose variety of food with avoidance of extra fat.
- c. Healthier Choices - Maintain the healthier diet practice with natural and healthier choices and avoidance of artificial food.

Activity to be pursued

- a. Exercise - Additional exercises with increase in load and intensity can be initiated.
- b. Physical Activity - Stretch your level of physical activity with additional indoor and outdoor recreational, household and sports activities.
- c. Sports Participation - Add your choice of participation in sports activities with additional sports of various nature and abilities.

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Fitness Assessment Report 2019-2020 Term-2

Name	MAYANK	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321116000058		
Gender / DOB	Boy / 21 May 2010		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	9.0 cm	5.9 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	10.0 cm	64.0 cm	A	A+	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	15.283 sec	18.520 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
600 meter run/walk	6 min 32 sec 479ms	9 min 11 sec 455ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	16.275 sec	22.411 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	12 times	8 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	9 times	5 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	24 kg	127 cm	14.88		✓			<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	20 kg	122 cm	13.44	✓				<= 14.00	< 16.20	< 18.60	> 21.00

You need to maintain your weight by doing regular Physical Activity and having Balanced Diet.

Dietary

- a. Calorie -Need to be maintained regularly.
- b. Food Restrictions - Choose variety of food with avoidance of extra fat.
- c. Healthier Choices - Maintain the healthier diet practice with natural and healthier choices and avoidance of artificial food.

Activity to be pursued

- a. Exercise - Additional exercises with increase in load and intensity can be initiated.
- b. Physical Activity - Stretch your level of physical activity with additional indoor and outdoor recreational, household and sports activities.
- c. Sports Participation - Add your choice of participation in sports activities with additional sports of various nature and abilities.

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Fitness Assessment Report 2019-2020 Term-2

Name	MAYANK	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321116000144		
Gender / DOB	Boy / 22 Jan 2011		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	14.0 cm	3.4 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 0 cm 0 mm	82.3 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	10.224 sec	18.720 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
600 meter run/walk	6 min 42 sec 876ms	6 min 11 sec 766ms	A	A+	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhasrika, bhramari).
50 mt. dash	16.920 sec	22.785 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	10 times	9 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	8 times	6 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	30 kg	136 cm	16.22			✓		<= 13.80	< 15.80	< 18.00	> 20.00
Previous BMI	26 kg	128 cm	15.87			✓		<= 13.80	< 15.80	< 18.00	> 20.00

You can reduce your weight by 0.78 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

- Calorie - Need to be decreased.
- Food Restrictions - Need to restrict food with extra fat.
- Healthier Choices - Replace fast foods and synthetic food items with natural and healthier choices like natural juices instead of sugar coted or aerated drinks.

Activity to be pursued

- Exercise - Regular exercise is essential and recommended on daily basis.
- Physical Activity - Keep moving is the most efficient way to burn calories and shed excess weight, any extra movement helps burn calories. Involve in household chores and do other basic activities yourself.
- Sports Participation - Regular sports participation is important. Involve in more of endurance sports.

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Fitness Assessment Report 2019-2020 Term-2

Name	NIKUNJ INVATI	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321116000200		
Gender / DOB	Boy / 26 Oct 2010		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	16.0 cm	4.9 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 10 cm 0 mm	76.3 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	9.832 sec	17.660 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	5 min 38 sec 965ms	9 min 12 sec 423ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	16.542 sec	20.613 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	12 times	10 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	11 times	3 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	27 kg	139 cm	13.97	✓				<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	24 kg	135 cm	13.17	✓				<= 14.00	< 16.20	< 18.60	> 21.00

You can increase your weight by 4.3 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

- a. Calorie - Need to be increased.
- b. Food Restrictions - Not required, instead choose variety of food.
- c. Healthier Choices - Make overall diet healthier, eat more plant-based foods, such as fruits, vegetables and whole-grain carbohydrates.

Activity to be pursued

- a. Exercise - Regular exercise without getting fatigue is important. Don't over exert.
- b. Physical Activity - Physical activity is recommended but with adequate rest and recovery.
- c. Sports Participation - Participation in sports activity is helpful. Team sports and individual sports are beneficial.

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Fitness Assessment Report 2019-2020 Term-2

Name	OM JAISWAL	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321116000088		
Gender / DOB	Boy / 12 Jun 2010		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	17.0 cm	2.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 10 cm 0 mm	75.9 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	12.560 sec	18.739 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
600 meter run/walk	5 min 53 sec 910ms	9 min 13 sec 327ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	16.500 sec	19.461 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	8 times	11 times	A	A+	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	8 times	4 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	52 kg	138 cm	27.31				✓	<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	48 kg	140 cm	24.49				✓	<= 14.00	< 16.20	< 18.60	> 21.00

You can reduce your weight by 21.15 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

- a. Calorie - Need to be decreased.
- b. Food Restrictions - Need to restrict food with extra fat.
- c. Healthier Choices - Replace fast foods and synthetic food items with natural and healthier choices like natural juices instead of sugar coted or aerated drinks.

Activity to be pursued

- a. Exercise - Regular exercise is essential and recommended on daily basis.
- b. Physical Activity - Keep moving is the most efficient way to burn calories and shed excess weight, any extra movement helps burn calories. Involve in household chores and do other basic activities yourself.
- c. Sports Participation - Regular sports participation is important. Involve in more of endurance sports.

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Fitness Assessment Report 2019-2020 Term-2

Name	OM MUCHHORIYA	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321116000168		
Gender / DOB	Boy / 12 Feb 2010		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	15.0 cm	3.3 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 30 cm 0 mm	58.0 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	10.971 sec	17.834 sec	A	A-	Very Good. You can improve!
600 meter run/walk	6 min 27 sec 517ms	8 min 16 sec 731ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	19.801 sec	20.78 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	11 times	11 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	11 times	5 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	26 kg	132 cm	14.92		✓			<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	22 kg	128 cm	13.43	✓				<= 14.00	< 16.20	< 18.60	> 21.00

You need to maintain your weight by doing regular Physical Activity and having Balanced Diet.

Dietary

- a. Calorie -Need to be maintained regularly.
- b. Food Restrictions - Choose variety of food with avoidance of extra fat.
- c. Healthier Choices - Maintain the healthier diet practice with natural and healthier choices and avoidance of artificial food.

Activity to be pursued

- a. Exercise - Additional exercises with increase in load and intensity can be initiated.
- b. Physical Activity - Stretch your level of physical activity with additional indoor and outdoor recreational, household and sports activities.
- c. Sports Participation - Add your choice of participation in sports activities with additional sports of various nature and abilities.

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Fitness Assessment Report 2019-2020 Term-2

Name	PARAS DEHRIYA	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321116000003		
Gender / DOB	Boy / 29 Dec 2010		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	10.0 cm	7.1 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 25 cm 0 mm	66.0 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	10.598 sec	19.440 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
600 meter run/walk	6 min 55 sec 77ms	9 min 16 sec 250ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	16.600 sec	20.747 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	9 times	8 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	8 times	6 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	25 kg	128 cm	15.26		✓			<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	25 kg	126 cm	15.75		✓			<= 14.00	< 16.20	< 18.60	> 21.00

You need to maintain your weight by doing regular Physical Activity and having Balanced Diet.

Dietary

- a. Calorie -Need to be maintained regularly.
- b. Food Restrictions - Choose variety of food with avoidance of extra fat.
- c. Healthier Choices - Maintain the healthier diet practice with natural and healthier choices and avoidance of artificial food.

Activity to be pursued

- a. Exercise - Additional exercises with increase in load and intensity can be initiated.
- b. Physical Activity - Stretch your level of physical activity with additional indoor and outdoor recreational, household and sports activities.
- c. Sports Participation - Add your choice of participation in sports activities with additional sports of various nature and abilities.

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Fitness Assessment Report 2019-2020 Term-2

Name	PRATIBHA YADUWANSHI	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321116000115		
Gender / DOB	Girl / 07 Aug 2010		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	16.0 cm	6.1 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 40 cm 0 mm	51.0 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	9.973 sec	18.906 sec	A	A-	Athletic. There is scope for improvement.
600 meter run/walk	6 min 56 sec 709ms	8 min 15 sec 818ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	15.714 sec	18.202 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec		12 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	10 times	3 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	28 kg	145 cm	13.32	✓				<= 13.80	< 16.20	< 19.00	> 21.60
Previous BMI	26 kg	139 cm	13.46	✓				<= 13.80	< 16.20	< 19.00	> 21.60

You can increase your weight by 6.06 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

- a. Calorie - Need to be increased.
- b. Food Restrictions - Not required, instead choose variety of food.
- c. Healthier Choices - Make overall diet healthier, eat more plant-based foods, such as fruits, vegetables and whole-grain carbohydrates.

Activity to be pursued

- a. Exercise - Regular exercise without getting fatigue is important. Don't over exert.
- b. Physical Activity - Physical activity is recommended but with adequate rest and recovery.
- c. Sports Participation - Participation in sports activity is helpful. Team sports and individual sports are beneficial.

To view the detailed dashboard, You can check your comprehensive FitKVian Dashboard by logging into the following link with your UserID and Password : <http://FitKVian.in>.

Fitness Assessment Report 2019-2020 Term-2

Name	PREM	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321116000091		
Gender / DOB	Boy / 10 Sep 2010		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	15.0 cm	6.2 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 40 cm 0 mm	57.0 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	10.298 sec	18.853 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
600 meter run/walk	6 min 57 sec 910ms	8 min 16 sec 486ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhasrika, bhramari).
50 mt. dash	16.617 sec	18.753 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	10 times	11 times	A	A+	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	15 times	5 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	28 kg	141 cm	14.08		✓			<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	26 kg	134 cm	14.48		✓			<= 14.00	< 16.20	< 18.60	> 21.00

You need to maintain your weight by doing regular Physical Activity and having Balanced Diet.

Dietary

- a. Calorie -Need to be maintained regularly.
- b. Food Restrictions - Choose variety of food with avoidance of extra fat.
- c. Healthier Choices - Maintain the healthier diet practice with natural and healthier choices and avoidance of artificial food.

Activity to be pursued

- a. Exercise - Additional exercises with increase in load and intensity can be initiated.
- b. Physical Activity - Stretch your level of physical activity with additional indoor and outdoor recreational, household and sports activities.
- c. Sports Participation - Add your choice of participation in sports activities with additional sports of various nature and abilities.

To view the detailed dashboard, You can check your comprehensive FitKVian Dashboard by logging into the following link with your UserID and Password : <http://FitKVian.in>.

Fitness Assessment Report 2019-2020 Term-2

Name	SAGAR	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321116000190		
Gender / DOB	Boy / 09 Jan 2010		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	17.0 cm	2.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 20 cm 0 mm	62.0 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	13.860 sec	19.38 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
600 meter run/walk	7 min 5 sec 157ms	8 min 18 sec 173ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	16.88 sec	22.67 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	10 times	7 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	15 times	6 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	23 kg	132 cm	13.20	✓				<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	20 kg	126 cm	12.60	✓				<= 14.00	< 16.20	< 18.60	> 21.00

You can increase your weight by 5.23 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

- a. Calorie - Need to be increased.
- b. Food Restrictions - Not required, instead choose variety of food.
- c. Healthier Choices - Make overall diet healthier, eat more plant-based foods, such as fruits, vegetables and whole-grain carbohydrates.

Activity to be pursued

- a. Exercise - Regular exercise without getting fatigue is important. Don't over exert.
- b. Physical Activity - Physical activity is recommended but with adequate rest and recovery.
- c. Sports Participation - Participation in sports activity is helpful. Team sports and individual sports are beneficial.

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Fitness Assessment Report 2019-2020 Term-2

Name	SAMIKSHA	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321116000167		
Gender / DOB	Girl / 18 Oct 2010		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	12.0 cm	3.5 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 0 cm 0 mm	57.5 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	10.421 sec	19.3 sec	A	A-	Very Good. You can improve!
600 meter run/walk	7 min 0 sec 559ms	6 min 40 sec 806ms	A	A+	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	17.44 sec	23.754 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec		10 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	9 times	5 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	26 kg	135 cm	14.27		✓			<= 13.80	< 16.20	< 19.00	> 21.60
Previous BMI	23 kg	130 cm	13.61	✓				<= 13.80	< 16.20	< 19.00	> 21.60

You need to maintain your weight by doing regular Physical Activity and having Balanced Diet.

Dietary

- a. Calorie -Need to be maintained regularly.
- b. Food Restrictions - Choose variety of food with avoidance of extra fat.
- c. Healthier Choices - Maintain the healthier diet practice with natural and healthier choices and avoidance of artificial food.

Activity to be pursued

- a. Exercise - Additional exercises with increase in load and intensity can be initiated.
- b. Physical Activity - Stretch your level of physical activity with additional indoor and outdoor recreational, household and sports activities.
- c. Sports Participation - Add your choice of participation in sports activities with additional sports of various nature and abilities.

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Fitness Assessment Report 2019-2020 Term-2

Name	SANSKAR YADUWANSHI	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321116000204		
Gender / DOB	Boy / 19 Sep 2010		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision		Flat foot	Spinal Deformity		
	Left Eye	Right Eye		Scoliosis	Kyphosis	Lordosis
Blood group	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	15.0 cm	5.1 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 20 cm 0 mm	63.0 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	9.834 sec	18.18 sec	A	A-	Very Good. You can improve!
600 meter run/walk	5 min 45 sec 458ms	9 min 15 sec 331ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	19.11 sec	21.382 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	9 times	9 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	8 times	4 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	26 kg	134 cm	14.48		✓			<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	23 kg	127 cm	14.26		✓			<= 14.00	< 16.20	< 18.60	> 21.00

You need to maintain your weight by doing regular Physical Activity and having Balanced Diet.

Dietary

- a. Calorie -Need to be maintained regularly.
- b. Food Restrictions - Choose variety of food with avoidance of extra fat.
- c. Healthier Choices - Maintain the healthier diet practice with natural and healthier choices and avoidance of artificial food.

Activity to be pursued

- a. Exercise - Additional exercises with increase in load and intensity can be initiated.
- b. Physical Activity - Stretch your level of physical activity with additional indoor and outdoor recreational, household and sports activities.
- c. Sports Participation - Add your choice of participation in sports activities with additional sports of various nature and abilities.

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Fitness Assessment Report 2019-2020 Term-2

Name	SANSKRITI SINGH THAKUR	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321119000351		
Gender / DOB	Girl / 23 Jul 2010		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	12.0 cm	3.1 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 0 cm 0 mm	47.0 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	11.328 sec	19.154 sec	A	A-	Very Good. You can improve!
600 meter run/walk	6 min 31 sec 178ms	8 min 1 sec 527ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	16.316 sec	23.236 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec		10 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	8 times	5 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	36 kg	135 cm	19.75				✓	<= 13.80	< 16.20	< 19.00	> 21.60
Previous BMI	32 kg	130 cm	18.93			✓		<= 13.80	< 16.20	< 19.00	> 21.60

You can reduce your weight by 6.48 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

- Calorie - Need to be decreased.
- Food Restrictions - Need to restrict food with extra fat.
- Healthier Choices - Replace fast foods and synthetic food items with natural and healthier choices like natural juices instead of sugar coted or aerated drinks.

Activity to be pursued

- Exercise - Regular exercise is essential and recommended on daily basis.
- Physical Activity - Keep moving is the most efficient way to burn calories and shed excess weight, any extra movement helps burn calories. Involve in household chores and do other basic activities yourself.
- Sports Participation - Regular sports participation is important. Involve in more of endurance sports.

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Fitness Assessment Report 2019-2020 Term-2

Name	SHANAYA SADAF	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321116000092		
Gender / DOB	Girl / 02 Jun 2010		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

Vision			Spinal Deformity			
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	12.0 cm	6.1 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 50 cm 0 mm	46.0 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	9.785 sec	18.236 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	7 min 11 sec 135ms	9 min 14 sec 194ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	16.16 sec	23.470 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec		11 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	9 times	3 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	24 kg	129 cm	14.42		✓			<= 13.80	< 16.20	< 19.00	> 21.60
Previous BMI	21 kg	124 cm	13.66	✓				<= 13.80	< 16.20	< 19.00	> 21.60

You need to maintain your weight by doing regular Physical Activity and having Balanced Diet.

Dietary

- a. Calorie -Need to be maintained regularly.
- b. Food Restrictions - Choose variety of food with avoidance of extra fat.
- c. Healthier Choices - Maintain the healthier diet practice with natural and healthier choices and avoidance of artificial food.

Activity to be pursued

- a. Exercise - Additional exercises with increase in load and intensity can be initiated.
- b. Physical Activity - Stretch your level of physical activity with additional indoor and outdoor recreational, household and sports activities.
- c. Sports Participation - Add your choice of participation in sports activities with additional sports of various nature and abilities.

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Fitness Assessment Report 2019-2020 Term-2

Name	VARDHAN CHOURASIA	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321116000013		
Gender / DOB	Boy / 20 Mar 2011		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	11.0 cm	4.1 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 0 cm 0 mm	63.0 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	12.534 sec	18.44 sec	A	A-	Very Good. You can improve!
600 meter run/walk	7 min 23 sec 648ms	6 min 43 sec 245ms	A	A+	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	14.903 sec	23.904 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	9 times	10 times	A	A+	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	10 times	6 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	26 kg	128 cm	15.87			✓		<= 13.80	< 15.80	< 18.00	> 20.00
Previous BMI	23 kg	123 cm	15.20		✓			<= 13.80	< 15.80	< 18.00	> 20.00

You can reduce your weight by 0.11 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

- Calorie - Need to be decreased.
- Food Restrictions - Need to restrict food with extra fat.
- Healthier Choices - Replace fast foods and synthetic food items with natural and healthier choices like natural juices instead of sugar coted or aerated drinks.

Activity to be pursued

- Exercise - Regular exercise is essential and recommended on daily basis.
- Physical Activity - Keep moving is the most efficient way to burn calories and shed excess weight, any extra movement helps burn calories. Involve in household chores and do other basic activities yourself.
- Sports Participation - Regular sports participation is important. Involve in more of endurance sports.

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Fitness Assessment Report 2019-2020 Term-2

Name	VARUN	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321116000090		
Gender / DOB	Boy / 11 Oct 2010		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	8.0 cm	3.3 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 10 cm 0 mm	60.0 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	12.457 sec	18.436 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
600 meter run/walk	7 min 26 sec 480ms	8 min 17 sec 533ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhasrika, bhramari).
50 mt. dash	15.474 sec	22.768 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	8 times	8 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	10 times	4 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	25 kg	127 cm	15.50		✓			<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	22 kg	124 cm	14.31		✓			<= 14.00	< 16.20	< 18.60	> 21.00

You need to maintain your weight by doing regular Physical Activity and having Balanced Diet.

Dietary

- a. Calorie -Need to be maintained regularly.
- b. Food Restrictions - Choose variety of food with avoidance of extra fat.
- c. Healthier Choices - Maintain the healthier diet practice with natural and healthier choices and avoidance of artificial food.

Activity to be pursued

- a. Exercise - Additional exercises with increase in load and intensity can be initiated.
- b. Physical Activity - Stretch your level of physical activity with additional indoor and outdoor recreational, household and sports activities.
- c. Sports Participation - Add your choice of participation in sports activities with additional sports of various nature and abilities.

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Fitness Assessment Report 2019-2020 Term-2

Name	YASH SARWAN	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321119000372		
Gender / DOB	Boy / 13 Oct 2010		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	11.0 cm	6.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 10 cm 0 mm	64.0 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	11.914 sec	17.861 sec	A	A-	Very Good. You can improve!
600 meter run/walk	7 min 35 sec 694ms	7 min 5 sec 128ms	A	A+	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	15.144 sec	19.656 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	10 times	10 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	15 times	4 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	24 kg	124 cm	15.61		✓			<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	22 kg	123 cm	14.54		✓			<= 14.00	< 16.20	< 18.60	> 21.00

You need to maintain your weight by doing regular Physical Activity and having Balanced Diet.

Dietary

- a. Calorie -Need to be maintained regularly.
- b. Food Restrictions - Choose variety of food with avoidance of extra fat.
- c. Healthier Choices - Maintain the healthier diet practice with natural and healthier choices and avoidance of artificial food.

Activity to be pursued

- a. Exercise - Additional exercises with increase in load and intensity can be initiated.
- b. Physical Activity - Stretch your level of physical activity with additional indoor and outdoor recreational, household and sports activities.
- c. Sports Participation - Add your choice of participation in sports activities with additional sports of various nature and abilities.

To view the detailed dashboard, You can check your comprehensive FitKVian Dashboard by logging into the following link with your UserID and Password : <http://FitKVian.in>.

Fitness Assessment Report 2019-2020 Term-2

Name	ZIYA RAIN	Period:	Oct 2019 to Apr 2020
Class	IV-A		
Registration No	232100122321116000151		
Gender / DOB	Girl / 27 Mar 2010		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

	Vision			Spinal Deformity		
Blood group	Left Eye	Right Eye	Flat foot	Scoliosis	Kyphosis	Lordosis
N/A	N/A	N/A	N/A	N/A	N/A	N/A

Divyang Profile

In Seeing	In Hearing	In Speech	In Movement	Mental Retardation	Mental Illness	Multiple Disability	Any other
N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	13.0 cm	5.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 20 cm 0 mm	48.0 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	13.726 sec	19.338 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
600 meter run/walk	7 min 39 sec 377ms	6 min 42 sec 744ms	A	A+	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhasrika, bhramari).
50 mt. dash	15.726 sec	23.553 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec		8 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	10 times	5 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

A: Same as last term | A+: Improved Performance | A-: Reduced Performance

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	25 kg	132 cm	14.35		✓			<= 13.80	< 16.20	< 19.00	> 21.60
Previous BMI	24 kg	127 cm	14.88		✓			<= 13.80	< 16.20	< 19.00	> 21.60

You need to maintain your weight by doing regular Physical Activity and having Balanced Diet.

Dietary

- a. Calorie -Need to be maintained regularly.
- b. Food Restrictions - Choose variety of food with avoidance of extra fat.
- c. Healthier Choices - Maintain the healthier diet practice with natural and healthier choices and avoidance of artificial food.

Activity to be pursued

- a. Exercise - Additional exercises with increase in load and intensity can be initiated.
- b. Physical Activity - Stretch your level of physical activity with additional indoor and outdoor recreational, household and sports activities.
- c. Sports Participation - Add your choice of participation in sports activities with additional sports of various nature and abilities.

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