

Fitness Assessment Report 2019-2020 Term-2

Name	AANANDI PATHAK	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000173		
Gender / DOB	Girl / 02 Jan 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	7.0 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 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	8.947 sec	19.183 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 34 sec 244ms	6 min 39 sec 629ms	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	10.630 sec	19.437 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	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	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.
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: 10 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	38 kg	139 cm	19.67			✓		<= 14.00	< 16.80	< 19.80	> 23.00
Previous BMI	21 kg	140 cm	10.71	✓				<= 14.00	< 16.80	< 19.80	> 23.00

You can reduce your weight by 5.54 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.

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	AARUSHI KUROLIYA	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000095		
Gender / DOB	Girl / 15 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	8.0 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	76.6 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	9.172 sec	19.433 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 35 sec 16ms	6 min 44 sec 440ms	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	10.420 sec	18.492 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	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	7 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.
Push Up /Modified Push Up	7 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 Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	31 kg	136 cm	16.76			✓		<= 13.80	< 16.20	< 19.00	> 21.60
Previous BMI	20 kg	127 cm	12.40	✓				<= 13.80	< 16.20	< 19.00	> 21.60

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	ANSH CHOURASIA	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000002		
Gender / DOB	Boy / 19 Oct 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	10.0 cm	4.4 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	1 mt 0 cm 0 mm	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	9.655 sec	19.583 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 35 sec 392ms	6 min 8 sec 326ms	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	10.821 sec	26.101 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	5 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	37 kg	140 cm	18.88			✓		<= 14.20	< 16.60	< 19.40	> 22.00
Previous BMI	35 kg	142 cm	17.36			✓		<= 14.20	< 16.60	< 19.40	> 22.00

You can reduce your weight by 4.46 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	ANUKALP	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000146		
Gender / DOB	Boy / 30 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	14.0 cm	7.4 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 6 cm 0 mm	83.2 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	10.107 sec	19.734 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 35 sec 803ms	6 min 12 sec 368ms	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	10.791 sec	24.871 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	1 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	10 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	14 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.

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	30 kg	143 cm	14.67		✓			<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	27 kg	139 cm	13.97	✓				<= 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	ANUSHKA MALVIYA	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321117000214		
Gender / DOB	Girl / 05 Aug 2009		
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	10.0 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	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	10.345 sec	17.267 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	5 min 36 sec 371ms	7 min 49 sec 773ms	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	10.606 sec	20.52 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	16 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	6 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.
Push Up /Modified Push Up	7 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: 10 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	25 kg	139 cm	12.94	✓				<= 14.00	< 16.80	< 19.80	> 23.00
Previous BMI	24 kg	136 cm	12.98	✓				<= 14.00	< 16.80	< 19.80	> 23.00

You can increase your weight by 7.46 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	ANUSHKA SURYAWANSHI	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000161		
Gender / DOB	Girl / 15 May 2009		
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	7.0 cm	4.7 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	80.0 cm	1 mt 15 cm 0 mm	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	9.399 sec	19.884 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 36 sec 942ms	6 min 16 sec 879ms	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	10.694 sec	16.164 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	6 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	6 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.
Push Up /Modified Push Up	6 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: 10 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	34 kg	148 cm	15.52		✓			<= 14.00	< 16.80	< 19.80	> 23.00
Previous BMI	33 kg	143 cm	16.14		✓			<= 14.00	< 16.80	< 19.80	> 23.00

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	AVNI	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000053		
Gender / DOB	Girl / 29 Sep 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	7.0 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 0 cm 0 mm	73.2 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	10.574 sec	20.35 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 41 sec 405ms	6 min 19 sec 34ms	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	10.954 sec	18.956 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	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	5 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.
Push Up /Modified Push Up	5 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: 10 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	21 kg	132 cm	12.05	✓				<= 14.00	< 16.80	< 19.80	> 23.00
Previous BMI	24 kg	127 cm	14.88		✓			<= 14.00	< 16.80	< 19.80	> 23.00

You can increase your weight by 8.27 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	BHAVYA DHURVEY	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000020		
Gender / DOB	Girl / 25 Oct 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	9.0 cm	3.2 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	90.0 cm	84.2 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	9.869 sec	17.552 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	5 min 42 sec 480ms	6 min 2 sec 47ms	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	11.92 sec	18.9 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	7 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.
Push Up /Modified Push Up	7 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 Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	25 kg	123 cm	16.52		✓			<= 14.00	< 16.80	< 19.80	> 23.00
Previous BMI	24 kg	122 cm	16.12		✓			<= 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	CHIKLIT SAHU	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000019		
Gender / DOB	Boy / 28 Nov 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	10.0 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 4 cm 0 mm	1 mt 10 cm 0 mm	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	10.408 sec	17.768 sec	A	A-	Very Good. You can improve!
4x10 meter shuttle run	10.408 sec	17.768 sec	A	A-	Very Good. You can improve!
4x10 meter shuttle run	10.408 sec	17.768 sec	A	A-	Very Good. You can improve!
4x10 meter shuttle run	10.408 sec	17.768 sec	A	A-	Very Good. You can improve!
4x10 meter shuttle run	10.408 sec	17.768 sec	A	A-	Very Good. You can improve!
600 meter run/walk	5 min 6 sec 454ms	7 min 51 sec 794ms	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	10.996 sec	27.513 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	4 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	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	20 kg	129 cm	12.02	✓				<= 14.20	< 16.60	< 19.40	> 22.00
Previous BMI	19 kg	127 cm	11.78	✓				<= 14.20	< 16.60	< 19.40	> 22.00

You can increase your weight by 7.62 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	CHINMOY CHATTERJEE	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321117000250		
Gender / DOB	Boy / 07 Jul 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	2.9 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 5 cm 0 mm	72.2 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	10.773 sec	20.154 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.
4x10 meter shuttle run	10.773 sec	20.154 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 6 sec 922ms	7 min 50 sec 307ms	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	11.143 sec	36.706 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	15 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	5 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.
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: 10 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	24 kg	138 cm	12.60	✓				<= 14.20	< 16.60	< 19.40	> 22.00
Previous BMI	23 kg	136 cm	12.44	✓				<= 14.20	< 16.60	< 19.40	> 22.00

You can increase your weight by 7.61 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	DEEPANSHU KAPSE	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000065		
Gender / DOB	Boy / 03 Jan 2009		
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	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 4 cm 0 mm	81.2 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	9.691 sec	21.274 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.
4x10 meter shuttle run	9.691 sec	21.274 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 7 sec 612ms	6 min 27 sec 337ms	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	11.996 sec	35.825 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	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	6 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: 10 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	45 kg	145 cm	21.40				✓	<= 14.20	< 16.60	< 19.40	> 22.00
Previous BMI	46 kg	140 cm	23.47				✓	<= 14.20	< 16.60	< 19.40	> 22.00

You can reduce your weight by 10.1 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	DEVANSHI SHARMA	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000004		
Gender / DOB	Girl / 18 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	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 0 cm 0 mm	79.2 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	9.878 sec	20.337 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.
4x10 meter shuttle run	9.878 sec	20.337 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 8 sec 310ms	7 min 50 sec 558ms	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	11.438 sec	21.664 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	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.
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 Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	35 kg	141 cm	17.60			✓		<= 13.80	< 16.20	< 19.00	> 21.60
Previous BMI	35 kg	138 cm	18.38			✓		<= 13.80	< 16.20	< 19.00	> 21.60

You can reduce your weight by 2.79 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	DHAIRYA	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000070		
Gender / DOB	Boy / 18 Dec 2009		
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	10.0 cm	2.4 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 2 cm 0 mm	86.7 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	9.600 sec	22.577 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.
4x10 meter shuttle run	9.600 sec	22.577 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.
4x10 meter shuttle run	9.600 sec	22.577 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.
4x10 meter shuttle run	9.600 sec	22.577 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.
4x10 meter shuttle run	9.600 sec	22.577 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 12 sec 23ms	6 min 21 sec 5ms	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	11.661 sec	37.685 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	9 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	5 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	25 kg	137 cm	13.32	✓				<= 14.20	< 16.60	< 19.40	> 22.00
Previous BMI	23 kg	134 cm	12.81	✓				<= 14.20	< 16.60	< 19.40	> 22.00

You can increase your weight by 6.16 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	DHRUV SAHU	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000106		
Gender / DOB	Boy / 27 Sep 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	3.3 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 2 cm 0 mm	86.1 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	10.610 sec	18.153 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.
4x10 meter shuttle run	10.610 sec	18.153 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.
4x10 meter shuttle run	10.610 sec	18.153 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.
4x10 meter shuttle run	10.610 sec	18.153 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.
4x10 meter shuttle run	10.610 sec	18.153 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 15 sec 793ms	6 min 29 sec 826ms	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	13.848 sec	36.373 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	6 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	3 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	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.

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: 10 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	27 kg	146 cm	12.67	✓				<= 14.20	< 16.60	< 19.40	> 22.00
Previous BMI	26 kg	140 cm	13.27	✓				<= 14.20	< 16.60	< 19.40	> 22.00

You can increase your weight by 8.38 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	GEET THAKUR	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000194		
Gender / DOB	Girl / 21 Dec 2009		
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	9.0 cm	4.5 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	72.2 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	10.42 sec	18.75 sec	A	A-	Sports Fit. Keep it up!
4x10 meter shuttle run	10.42 sec	18.75 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	5 min 36 sec 894ms	7 min 51 sec 26ms	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	11.303 sec	15.865 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	5 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.
Push Up /Modified Push Up	5 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	24 kg	134 cm	13.37	✓				<= 14.00	< 16.80	< 19.80	> 23.00
Previous BMI	22 kg	130 cm	13.02	✓				<= 14.00	< 16.80	< 19.80	> 23.00

You can increase your weight by 6.17 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

- Exercise - Regular exercise without getting fatigue is important. Don't over exert.
- Physical Activity - Physical activity is recommended but with adequate rest and recovery.
- 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	GOURAV SONWANSHI	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000147		
Gender / DOB	Boy / 03 Sep 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	9.0 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 3 cm 0 mm	91.1 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	10.209 sec	17.942 sec	A	A-	Very Good. You can improve!
4x10 meter shuttle run	10.209 sec	17.942 sec	A	A-	Very Good. You can improve!
600 meter run/walk	6 min 1 sec 68ms	5 min 20 sec 857ms	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	11.828 sec	35.576 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	16 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	14 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.
Push Up /Modified Push Up	6 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: 10 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	25 kg	132 cm	14.35		✓			<= 14.20	< 16.60	< 19.40	> 22.00
Previous BMI	24 kg	129 cm	14.42		✓			<= 14.20	< 16.60	< 19.40	> 22.00

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	KANISHKA PAWAR	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321117000243		
Gender / DOB	Girl / 17 Aug 2009		
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	5.1 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 10 cm 0 mm	90.0 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	10.360 sec	18.320 sec	A	A-	Sports Fit. Keep it up!
4x10 meter shuttle run	10.360 sec	18.320 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	5 min 19 sec 375ms	6 min 58 sec 494ms	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	10.886 sec	21.315 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	8 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.
Push Up /Modified Push Up	8 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: 10 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	23 kg	130 cm	13.61	✓				<= 14.00	< 16.80	< 19.80	> 23.00
Previous BMI	23 kg	128 cm	14.04		✓			<= 14.00	< 16.80	< 19.80	> 23.00

You can increase your weight by 5.39 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

- Exercise - Regular exercise without getting fatigue is important. Don't over exert.
- Physical Activity - Physical activity is recommended but with adequate rest and recovery.
- 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	KARTIK VYAS	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000105		
Gender / DOB	Boy / 05 Jul 2010		
School Name	KENDRIYA VIDYALAYA JV JAMMAI		

Medical Profile

Blood group	Vision		Flat foot	Spinal Deformity		
	Left Eye	Right Eye		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	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 4 cm 0 mm	1 mt 20 cm 0 mm	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	9.772 sec	17.952 sec	A	A-	Very Good. You can improve!
4x10 meter shuttle run	9.772 sec	17.952 sec	A	A-	Very Good. You can improve!
4x10 meter shuttle run	9.772 sec	17.952 sec	A	A-	Very Good. You can improve!
4x10 meter shuttle run	9.772 sec	17.952 sec	A	A-	Very Good. You can improve!
4x10 meter shuttle run	9.772 sec	17.952 sec	A	A-	Very Good. You can improve!
600 meter run/walk	5 min 1 sec 774ms	6 min 25 sec 232ms	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	11.278 sec	37.70 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	16 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	5 times	8 times	A	A+	Very Good. You can improve!
Push Up /Modified Push Up	6 times	8 times	A	A+	Very Good. You can improve!

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	35 kg	137 cm	18.65				✓	<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	31 kg	134 cm	17.26			✓		<= 14.00	< 16.20	< 18.60	> 21.00

You can reduce your weight by 4.59 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	KAVY	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000050		
Gender / DOB	Boy / 06 Feb 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	8.0 cm	5.8 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 7 cm 0 mm	87.3 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	9.951 sec	18.454 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.
4x10 meter shuttle run	9.951 sec	18.454 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.
4x10 meter shuttle run	9.951 sec	18.454 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.
4x10 meter shuttle run	9.951 sec	18.454 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.
4x10 meter shuttle run	9.951 sec	18.454 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 4 sec 511ms	5 min 59 sec 11ms	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	14.23 sec	17.115 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	15 times	15 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-	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	6 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.

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: 10 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	30 kg	142 cm	14.88		✓			<= 14.20	< 16.60	< 19.40	> 22.00
Previous BMI	28 kg	135 cm	15.36		✓			<= 14.20	< 16.60	< 19.40	> 22.00

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	LAKSHIKA DHURVE	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000195		
Gender / DOB	Girl / 19 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	10.0 cm	7.4 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 30 cm 0 mm	1 mt 20 cm 0 mm	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	10.511 sec	18.243 sec	A	A-	Sports Fit. Keep it up!
4x10 meter shuttle run	10.511 sec	18.243 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	5 min 29 sec 979ms	5 min 28 sec 889ms	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	11.615 sec	16.596 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	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	7 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.
Push Up /Modified Push Up	7 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 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	130 cm	14.20		✓			<= 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	LUBHANSH TIWARI	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000072		
Gender / DOB	Boy / 30 Nov 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	9.0 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 2 cm 0 mm	1 mt 20 cm 0 mm	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	10.115 sec	22.777 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.
4x10 meter shuttle run	10.115 sec	22.777 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.
4x10 meter shuttle run	10.115 sec	22.777 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.
4x10 meter shuttle run	10.115 sec	22.777 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.
4x10 meter shuttle run	10.115 sec	22.777 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 16 sec 401ms	7 min 0 sec 364ms	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	11.477 sec	27.164 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	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	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.

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	134 cm	15.59		✓			<= 14.20	< 16.60	< 19.40	> 22.00
Previous BMI	28 kg	130 cm	16.57		✓			<= 14.20	< 16.60	< 19.40	> 22.00

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	MANTRAMUGDHA	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000171		
Gender / DOB	Girl / 12 Nov 2008		
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	14.0 cm	4.7 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 0 cm 0 mm	1 mt 10 cm 0 mm	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	10.644 sec	16.880 sec	A	A-	Sports Fit. Keep it up!
4x10 meter shuttle run	10.644 sec	16.880 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	5 min 36 sec 574ms	6 min 5 sec 976ms	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	10.941 sec	19.68 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	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	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.
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: 10 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	26 kg	140 cm	13.27	✓				<= 14.40	< 17.40	< 20.80	> 24.00
Previous BMI	28 kg	133 cm	15.83		✓			<= 14.40	< 17.40	< 20.80	> 24.00

You can increase your weight by 8.1 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	MITALEE VISHWAKARMA	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000149		
Gender / DOB	Girl / 11 Mar 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	7.0 cm	3.2 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	86.1 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	10.794 sec	17.115 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	5 min 43 sec 584ms	6 min 10 sec 135ms	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	11.240 sec	20.368 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	6 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	6 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.
Push Up /Modified Push Up	6 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: 10 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	41 kg	145 cm	19.50			✓		<= 14.00	< 16.80	< 19.80	> 23.00
Previous BMI	41 kg	140 cm	20.92				✓	<= 14.00	< 16.80	< 19.80	> 23.00

You can reduce your weight by 5.68 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	NEHA VISHWAKARMA	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000051		
Gender / DOB	Girl / 04 Jul 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	7.0 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 0 cm 0 mm	76.0 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	10.258 sec	17.315 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	5 min 54 sec 335ms	6 min 51 sec 326ms	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	11.44 sec	20.667 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	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	7 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.
Push Up /Modified Push Up	7 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: 10 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	20 kg	123 cm	13.22	✓				<= 14.00	< 16.80	< 19.80	> 23.00
Previous BMI	20 kg	123 cm	13.22	✓				<= 14.00	< 16.80	< 19.80	> 23.00

You can increase your weight by 5.42 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	PARTH WAKDE	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321117000254		
Gender / DOB	Boy / 13 Nov 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	10.0 cm	2.4 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 3 cm 0 mm	81.3 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	11.242 sec	22.944 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 30 sec 772ms	6 min 22 sec 163ms	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	14.152 sec	26.467 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	15 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	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	6 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	26 kg	139 cm	13.46	✓				<= 14.20	< 16.60	< 19.40	> 22.00
Previous BMI	26 kg	134 cm	14.48		✓			<= 14.20	< 16.60	< 19.40	> 22.00

You can increase your weight by 6.07 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	PRAKRATI KANOJIYA	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000076		
Gender / DOB	Girl / 06 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	10.0 cm	3.8 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 40 cm 0 mm	1 mt 10 cm 0 mm	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	10.908 sec	23.596 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.
4x10 meter shuttle run	10.908 sec	23.596 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 58 sec 436ms	6 min 52 sec 61ms	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	11.105 sec	17.560 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	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	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.
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	25 kg	138 cm	13.13	✓				<= 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 can increase your weight by 5.85 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	RAGHAV VISHWAKARMA	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000017		
Gender / DOB	Boy / 10 Apr 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	8.0 cm	4.4 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 4 cm 0 mm	79.3 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	11.95 sec	23.112 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.
4x10 meter shuttle run	11.95 sec	23.112 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 41 sec 715ms	6 min 12 sec 257ms	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	13.637 sec	25.785 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	11 times	14 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	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	8 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: 10 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	26 kg	132 cm	14.92		✓			<= 14.20	< 16.60	< 19.40	> 22.00
Previous BMI	24 kg	129 cm	14.42		✓			<= 14.20	< 16.60	< 19.40	> 22.00

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	RAONAK ELSA MATHEWS	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000077		
Gender / DOB	Girl / 03 Jan 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	6.0 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 20 cm 0 mm	1 mt 20 cm 0 mm	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	10.640 sec	21.253 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.
4x10 meter shuttle run	10.640 sec	21.253 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.
50 mt. dash	10.755 sec	19.981 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.

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: 10 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	32 kg	146 cm	15.01		✓			<= 14.00	< 16.80	< 19.80	> 23.00
Previous BMI	31 kg	140 cm	15.82		✓			<= 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	SHIVANSH SAHU	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000160		
Gender / DOB	Boy / 09 Jun 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	5.2 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 6 cm 0 mm	1 mt 21 cm 0 mm	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	10.472 sec	23.429 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.
4x10 meter shuttle run	10.472 sec	23.429 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 38 sec 504ms	6 min 44 sec 681ms	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	14.317 sec	36.91 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	16 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	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.
Push Up /Modified Push Up	7 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: 10 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	26 kg	137 cm	13.85	✓				<= 14.20	< 16.60	< 19.40	> 22.00
Previous BMI	26 kg	135 cm	14.27		✓			<= 14.20	< 16.60	< 19.40	> 22.00

You can increase your weight by 5.16 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	SOUMYA BATRA	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000174		
Gender / DOB	Girl / 06 Feb 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	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 10 cm 0 mm	76.2 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	10.356 sec	18.810 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.
4x10 meter shuttle run	10.356 sec	18.810 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 55 sec 895ms	6 min 52 sec 930ms	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, bhrumari).
50 mt. dash	11.525 sec	20.679 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	7 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.
Push Up /Modified Push Up	7 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: 10 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	28 kg	140 cm	14.29		✓			<= 14.00	< 16.80	< 19.80	> 23.00
Previous BMI	27 kg	138 cm	14.18		✓			<= 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	SULAİK İRFAN	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000170		
Gender / DOB	Boy / 16 Jun 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	17.0 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 3 cm 0 mm	1 mt 25 cm 0 mm	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	10.188 sec	23.262 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.
4x10 meter shuttle run	10.188 sec	23.262 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 31 sec 924ms	7 min 50 sec 809ms	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	13.416 sec	25.486 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	18 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	10 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: 10 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	29 kg	141 cm	14.59		✓			<= 14.20	< 16.60	< 19.40	> 22.00
Previous BMI	27 kg	138 cm	14.18	✓				<= 14.20	< 16.60	< 19.40	> 22.00

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	TANISHA NAGWANSHI	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000080		
Gender / DOB	Girl / 21 Jan 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	13.0 cm	3.2 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 30 cm 0 mm	76.2 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	9.355 sec	18.393 sec	A	A-	Very Good. You can improve!
600 meter run/walk	6 min 0 sec 974ms	6 min 54 sec 300ms	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	11.209 sec	19.736 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	1 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	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.
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: 10 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	28 kg	130 cm	16.57		✓			<= 14.00	< 16.80	< 19.80	> 23.00
Previous BMI	25 kg	138 cm	13.13	✓				<= 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	TANISHKA SAHU	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000016		
Gender / DOB	Girl / 16 Oct 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	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 0 cm 0 mm	1 mt 5 cm 0 mm	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	11.546 sec	18.543 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	6 min 3 sec 265ms	6 min 19 sec 825ms	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	11.358 sec	21.261 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	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.
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	49 kg	143 cm	23.96				✓	<= 14.00	< 16.80	< 19.80	> 23.00
Previous BMI	48 kg	138 cm	25.20				✓	<= 14.00	< 16.80	< 19.80	> 23.00

You can reduce your weight by 14.65 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.

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	VAISHNAVI UPADHYAY	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000018		
Gender / DOB	Girl / 01 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	3.3 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	80 mt 0 cm 0 mm	90.0 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	10.893 sec	18.670 sec	A	A-	Athletic. There is scope for improvement.
4x10 meter shuttle run	10.893 sec	18.670 sec	A	A-	Athletic. There is scope for improvement.
4x10 meter shuttle run	10.893 sec	18.670 sec	A	A-	Athletic. There is scope for improvement.
4x10 meter shuttle run	10.893 sec	18.670 sec	A	A-	Athletic. There is scope for improvement.
4x10 meter shuttle run	10.893 sec	18.670 sec	A	A-	Athletic. There is scope for improvement.
600 meter run/walk	6 min 6 sec 209ms	6 min 26 sec 723ms	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	11.361 sec	21.992 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	8 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.
Push Up /Modified Push Up	8 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	20 kg	123 cm	13.22	✓				<= 14.00	< 16.80	< 19.80	> 23.00
Previous BMI	18 kg	120 cm	12.50	✓				<= 14.00	< 16.80	< 19.80	> 23.00

You can increase your weight by 5.42 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

- 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	VARUN SINGH RAJPUT	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000207		
Gender / DOB	Boy / 09 May 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	17.0 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 5 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	11.446 sec	18.677 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.
4x10 meter shuttle run	11.446 sec	18.677 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.
4x10 meter shuttle run	11.446 sec	18.677 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.
4x10 meter shuttle run	11.446 sec	18.677 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.
4x10 meter shuttle run	11.446 sec	18.677 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 7 sec 401ms	6 min 29 sec 814ms	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	14.468 sec	25.153 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	17 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	6 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.
Push Up /Modified Push Up	7 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: 10 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	24 kg	133 cm	13.57	✓				<= 14.20	< 16.60	< 19.40	> 22.00
Previous BMI	24 kg	129 cm	14.42		✓			<= 14.20	< 16.60	< 19.40	> 22.00

You can increase your weight by 5.36 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	VEDIKA MANDWAR	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000148		
Gender / DOB	Girl / 17 Aug 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	4.4 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 30 cm 0 mm	1 mt 10 cm 0 mm	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	11.311 sec	17.683 sec	A	A-	Sports Fit. Keep it up!
4x10 meter shuttle run	11.311 sec	17.683 sec	A	A-	Sports Fit. Keep it up!
4x10 meter shuttle run	11.311 sec	17.683 sec	A	A-	Sports Fit. Keep it up!
4x10 meter shuttle run	11.311 sec	17.683 sec	A	A-	Sports Fit. Keep it up!
4x10 meter shuttle run	11.311 sec	17.683 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	6 min 1 sec 342ms	6 min 44 sec 330ms	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	11.511 sec	17.112 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	7 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.
Push Up /Modified Push Up	7 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: 10 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	32 kg	141 cm	16.10		✓			<= 14.00	< 16.80	< 19.80	> 23.00
Previous BMI	31 kg	135 cm	17.01			✓		<= 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	VEER KUMAR DEHARIYA	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000071		
Gender / DOB	Boy / 17 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	13.0 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 5 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	11.176 sec	18.962 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.
4x10 meter shuttle run	11.176 sec	18.962 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.
4x10 meter shuttle run	11.176 sec	18.962 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.
4x10 meter shuttle run	11.176 sec	18.962 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.
4x10 meter shuttle run	11.176 sec	18.962 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 39 sec 234ms	6 min 43 sec 846ms	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	14.635 sec	35.309 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	16 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	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.
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	29 kg	139 cm	15.01		✓			<= 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.

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Fitness Assessment Report 2019-2020 Term-2

Name	YASHASWI BANI	Period:	Oct 2019 to May 2020
Class	V-A		
Registration No	232100122321116000111		
Gender / DOB	Girl / 02 Aug 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	6.0 cm	4.5 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	81.3 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	11.43 sec	17.867 sec	A	A-	Sports Fit. Keep it up!
4x10 meter shuttle run	11.43 sec	17.867 sec	A	A-	Sports Fit. Keep it up!
4x10 meter shuttle run	11.43 sec	17.867 sec	A	A-	Sports Fit. Keep it up!
4x10 meter shuttle run	11.43 sec	17.867 sec	A	A-	Sports Fit. Keep it up!
4x10 meter shuttle run	11.43 sec	17.867 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	5 min 57 sec 801ms	7 min 1 sec 200ms	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	11.741 sec	20.999 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	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	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.
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: 10 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	21 kg	132 cm	12.05	✓				<= 14.00	< 16.80	< 19.80	> 23.00
Previous BMI	20 kg	126 cm	12.60	✓				<= 14.00	< 16.80	< 19.80	> 23.00

You can increase your weight by 8.27 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>.