

## Fitness Assessment Report 2019-2020 Term-2

<b>Name</b>	ABHISHREE	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321116000137		
<b>Gender / DOB</b>	Girl / 30 Jun 2008		
<b>School Name</b>	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
<b>Sit and reach test</b>	24.0 cm	6.2 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 15 cm 0 mm	91.3 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.
<b>4x10 meter shuttle run</b>	13.974 sec	19.435 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.
<b>600 meter run/walk</b>	5 min 9 sec 465ms	6 min 12 sec 269ms	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).
<b>50 mt. dash</b>	15.960 sec	16.445 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.
<b>Push Up /Modified Push Up</b>	20 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.
<b>Push Up /Modified Push Up</b>	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: 11 Year Girl**

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	37 kg	150 cm	16.44		✓			<= 14.40	< 17.40	< 20.80	> 24.00
<b>Previous BMI</b>	26 kg	135 cm	14.27	✓				<= 14.40	< 17.40	< 20.80	> 24.00

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

#### Dietary

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

#### Activity to be pursued

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

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

## Fitness Assessment Report 2019-2020 Term-2

<b>Name</b>	ADITYA IVNATI	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321116000178		
<b>Gender / DOB</b>	Boy / 22 May 2008		
<b>School Name</b>	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
<b>Sit and reach test</b>	23.0 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.
<b>Standing broad jump</b>	1 mt 25 cm 0 mm	1 mt 3 cm 8 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.
<b>4x10 meter shuttle run</b>	14.726 sec	17.582 sec	A	A-	Very Good. You can improve!
<b>600 meter run/walk</b>	5 min 13 sec 811ms	5 min 48 sec 948ms	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).
<b>50 mt. dash</b>	11.869 sec	15.479 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.
<b>50 mt. dash</b>	11.869 sec	15.479 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.
<b>Partial curl up 30 sec</b>	17 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.
<b>Push Up /Modified Push Up</b>	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.

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: 11 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	25 kg	145 cm	11.89	✓				<= 14.60	< 17.20	< 20.20	> 23.20
<b>Previous BMI</b>	24 kg	140 cm	12.24	✓				<= 14.60	< 17.20	< 20.20	> 23.20

You can increase your weight by 11.16 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

<b>Name</b>	ALEIKA ANSARI	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321116000131		
<b>Gender / DOB</b>	Girl / 24 Feb 2009		
<b>School Name</b>	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
<b>Sit and reach test</b>	7.5 cm	5.6 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 10 cm 0 mm	82.9 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
<b>4x10 meter shuttle run</b>	16.69 sec	17.733 sec	A	A-	Sports Fit. Keep it up!
<b>600 meter run/walk</b>	5 min 20 sec 93ms	5 min 57 sec 969ms	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).
<b>50 mt. dash</b>	12.738 sec	16.963 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.
<b>Push Up /Modified Push Up</b>	3 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.
<b>Push Up /Modified Push Up</b>	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
<b>Current BMI</b>	32 kg	138 cm	16.80		✓			<= 14.00	< 16.80	< 19.80	> 23.00
<b>Previous BMI</b>	30 kg	139 cm	15.53		✓			<= 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

<b>Name</b>	ANJALI SAHU	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321116000136		
<b>Gender / DOB</b>	Girl / 21 May 2008		
<b>School Name</b>	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
<b>Sit and reach test</b>	21.0 cm	6.4 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 12 cm 0 mm	89.5 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
<b>4x10 meter shuttle run</b>	14.884 sec	18.317 sec	A	A-	Athletic. There is scope for improvement.
<b>600 meter run/walk</b>	5 min 23 sec 687ms	6 min 34 sec 954ms	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).
<b>50 mt. dash</b>	13.521 sec	17.531 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.
<b>Push Up /Modified Push Up</b>	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.
<b>Push Up /Modified Push Up</b>	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: 11 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	42 kg	150 cm	18.67			✓		<= 14.40	< 17.40	< 20.80	> 24.00
<b>Previous BMI</b>	40 kg	146 cm	18.77			✓		<= 14.40	< 17.40	< 20.80	> 24.00

**You can reduce your weight by 2.85 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

<b>Name</b>	ANUSHKA PATHARIYA	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321116000109		
<b>Gender / DOB</b>	Girl / 28 Apr 2008		
<b>School Name</b>	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
<b>Sit and reach test</b>	21.0 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.
<b>Standing broad jump</b>	1 mt 18 cm 0 mm	91.3 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.
<b>4x10 meter shuttle run</b>	15.18 sec	21.257 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.
<b>600 meter run/walk</b>	5 min 35 sec 833ms	6 min 17 sec 531ms	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).
<b>50 mt. dash</b>	12.271 sec	18.801 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.
<b>50 mt. dash</b>	12.271 sec	18.801 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.
<b>50 mt. dash</b>	12.271 sec	18.801 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.
<b>50 mt. dash</b>	12.271 sec	18.801 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.
<b>Push Up /Modified Push Up</b>	15 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.
<b>Push Up /Modified Push Up</b>	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: 11 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	27 kg	144 cm	13.02	✓				<= 14.40	< 17.40	< 20.80	> 24.00
<b>Previous BMI</b>	24 kg	139 cm	12.42	✓				<= 14.40	< 17.40	< 20.80	> 24.00

You can increase your weight by 9.08 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

<b>Name</b>	BHAVISHY PAWAR	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321119000374		
<b>Gender / DOB</b>	Boy / 21 Jun 2008		
<b>School Name</b>	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
<b>Sit and reach test</b>	17.0 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.
<b>Standing broad jump</b>	1 mt 30 cm 0 mm	1 mt 2 cm 8 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.
<b>4x10 meter shuttle run</b>	14.388 sec	16.696 sec	A	A-	Sports Fit. Keep it up!
<b>600 meter run/walk</b>	5 min 42 sec 748ms	6 min 20 sec 318ms	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).
<b>50 mt. dash</b>	11.392 sec	15.4 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.
<b>Partial curl up 30 sec</b>	18 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.
<b>Push Up /Modified Push Up</b>	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: 11 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	33 kg	145 cm	15.70		✓			<= 14.60	< 17.20	< 20.20	> 23.20
<b>Previous BMI</b>	31 kg	140 cm	15.82		✓			<= 14.60	< 17.20	< 20.20	> 23.20

**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

<b>Name</b>	BHUMIKA	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321116000159		
<b>Gender / DOB</b>	Girl / 30 Mar 2008		
<b>School Name</b>	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
<b>Sit and reach test</b>	18.0 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.
<b>Standing broad jump</b>	1 mt 16 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.
<b>4x10 meter shuttle run</b>	15.277 sec	16.864 sec	A	A-	Sports Fit. Keep it up!
<b>600 meter run/walk</b>	5 min 43 sec 884ms	6 min 53 sec 895ms	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).
<b>50 mt. dash</b>	12.404 sec	15.672 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.
<b>50 mt. dash</b>	12.404 sec	15.672 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.
<b>50 mt. dash</b>	12.404 sec	15.672 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.
<b>50 mt. dash</b>	12.404 sec	15.672 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.
<b>Push Up /Modified Push Up</b>	14 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.
<b>Push Up /Modified Push Up</b>	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: 11 Year Girl**

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	24 kg	138 cm	12.60	✓				<= 14.40	< 17.40	< 20.80	> 24.00
<b>Previous BMI</b>	27 kg	135 cm	14.81		✓			<= 14.40	< 17.40	< 20.80	> 24.00

**You can increase your weight by 9.14 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

<b>Name</b>	DEEPIKA SAHU	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321116000041		
<b>Gender / DOB</b>	Girl / 20 Jan 2008		
<b>School Name</b>	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
<b>Sit and reach test</b>	19.0 cm	4.3 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 22 cm 0 mm	91.7 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.
<b>4x10 meter shuttle run</b>	15.611 sec	18.165 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.
<b>600 meter run/walk</b>	5 min 44 sec 771ms	5 min 19 sec 692ms	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).
<b>50 mt. dash</b>	12.639 sec	18.617 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.
<b>50 mt. dash</b>	12.639 sec	18.617 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.
<b>50 mt. dash</b>	12.639 sec	18.617 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.
<b>50 mt. dash</b>	12.639 sec	18.617 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.
<b>Push Up /Modified Push Up</b>	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.
<b>Push Up /Modified Push Up</b>	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: 11 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	35 kg	153 cm	14.95		✓			<= 14.40	< 17.40	< 20.80	> 24.00
<b>Previous BMI</b>	32 kg	141 cm	16.10		✓			<= 14.40	< 17.40	< 20.80	> 24.00

**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

<b>Name</b>	DUSHYANT UIKEY	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321116000181		
<b>Gender / DOB</b>	Boy / 09 Mar 2008		
<b>School Name</b>	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
<b>Sit and reach test</b>	20.0 cm	5.4 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 10 cm 0 mm	1 mt 25 cm 6 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.
<b>4x10 meter shuttle run</b>	13.563 sec	18.334 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.
<b>600 meter run/walk</b>	5 min 6 sec 994ms	6 min 22 sec 585ms	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).
<b>50 mt. dash</b>	15.344 sec	16.131 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.
<b>Partial curl up 30 sec</b>	21 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.
<b>Push Up /Modified Push Up</b>	14 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.

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: 11 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	69 kg	165 cm	25.34				✓	<= 14.60	< 17.20	< 20.20	> 23.20
<b>Previous BMI</b>	47 kg	162 cm	17.91			✓		<= 14.60	< 17.20	< 20.20	> 23.20

**You can reduce your weight by 22.17 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

<b>Name</b>	GAUTAMI KUMRE	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321116000055		
<b>Gender / DOB</b>	Girl / 08 Nov 2008		
<b>School Name</b>	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
<b>Sit and reach test</b>	18.0 cm	3.6 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 19 cm 0 mm	87.1 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.
<b>4x10 meter shuttle run</b>	14.82 sec	18.819 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.
<b>600 meter run/walk</b>	5 min 11 sec 256ms	6 min 13 sec 623ms	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).
<b>50 mt. dash</b>	12.772 sec	16.932 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.
<b>50 mt. dash</b>	12.772 sec	16.932 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.
<b>50 mt. dash</b>	12.772 sec	16.932 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.
<b>50 mt. dash</b>	12.772 sec	16.932 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.
<b>Push Up /Modified Push Up</b>	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.
<b>Push Up /Modified Push Up</b>	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
<b>Current BMI</b>	37 kg	147 cm	17.12		✓			<= 14.40	< 17.40	< 20.80	> 24.00
<b>Previous BMI</b>	34 kg	142 cm	16.86		✓			<= 14.40	< 17.40	< 20.80	> 24.00

**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

<b>Name</b>	GOURAV PAWAR	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321116000023		
<b>Gender / DOB</b>	Boy / 21 Jul 2008		
<b>School Name</b>	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
<b>Sit and reach test</b>	15.0 cm	5.6 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 30 cm 0 mm	1 mt 26 cm 7 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.
<b>4x10 meter shuttle run</b>	14.572 sec	16.183 sec	A	A-	Sports Fit. Keep it up!
<b>600 meter run/walk</b>	5 min 33 sec 935ms	5 min 56 sec 933ms	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).
<b>50 mt. dash</b>	12.439 sec	15.538 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.
<b>50 mt. dash</b>	12.439 sec	15.538 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.
<b>Partial curl up 30 sec</b>	14 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.
<b>Push Up /Modified Push Up</b>	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.

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: 11 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	24 kg	141 cm	12.07	✓				<= 14.60	< 17.20	< 20.20	> 23.20
<b>Previous BMI</b>	22 kg	138 cm	11.55	✓				<= 14.60	< 17.20	< 20.20	> 23.20

You can increase your weight by 10.2 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

<b>Name</b>	HARSHIT PARTE	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321119000367		
<b>Gender / DOB</b>	Boy / 27 Aug 2008		
<b>School Name</b>	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
<b>Sit and reach test</b>	24.0 cm	4.6 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 38 cm 0 mm	1 mt 7 cm 3 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.
<b>4x10 meter shuttle run</b>	14.989 sec	20.643 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.
<b>600 meter run/walk</b>	5 min 31 sec 640ms	6 min 30 sec 344ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhasrika, bhramari).
<b>50 mt. dash</b>	11.238 sec	19.506 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.
<b>Partial curl up 30 sec</b>	14 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.
<b>Push Up /Modified Push Up</b>	12 times	8 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

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: 11 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	34 kg	142 cm	16.86		✓			<= 14.60	< 17.20	< 20.20	> 23.20
<b>Previous BMI</b>	30 kg	137 cm	15.98		✓			<= 14.60	< 17.20	< 20.20	> 23.20

**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

<b>Name</b>	HIMANSHU	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321116000162		
<b>Gender / DOB</b>	Boy / 02 Aug 2008		
<b>School Name</b>	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
<b>Sit and reach test</b>	14.0 cm	6.6 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 32 cm 0 mm	97.9 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
<b>4x10 meter shuttle run</b>	15.174 sec	16.538 sec	A	A-	Sports Fit. Keep it up!
<b>600 meter run/walk</b>	5 min 20 sec 699ms	6 min 42 sec 1ms	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).
<b>50 mt. dash</b>	11.692 sec	16.441 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.
<b>Partial curl up 30 sec</b>	16 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.
<b>Push Up /Modified Push Up</b>	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: 11 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	42 kg	146 cm	19.70			✓		<= 14.60	< 17.20	< 20.20	> 23.20
<b>Previous BMI</b>	40 kg	140 cm	20.41				✓	<= 14.60	< 17.20	< 20.20	> 23.20

**You can reduce your weight by 5.34 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:**

#### Dietary

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

#### Activity to be pursued

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

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

<b>Name</b>	ISHIKA BELWANSHI	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321119000378		
<b>Gender / DOB</b>	Girl / 19 Feb 2008		
<b>School Name</b>	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
<i>Grades indicate your own performance compared to last term :</i>					
<i>A: Same as last term   A+: Improved Performance   A-: Reduced Performance</i>					

### My Body Mass Index(BMI)

BMI Benchmark: 11 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	39 kg	160 cm	15.23		✓			<= 14.40	< 17.40	< 20.80	> 24.00
<b>Previous BMI</b>	24 kg	154 cm	10.12	✓				<= 14.40	< 17.40	< 20.80	> 24.00

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

#### Dietary

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

#### Activity to be pursued

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

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

## Fitness Assessment Report 2019-2020 Term-2

<b>Name</b>	JAABIR ALI	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321116000135		
<b>Gender / DOB</b>	Boy / 12 Jan 2009		
<b>School Name</b>	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
<b>Sit and reach test</b>	17.0 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.
<b>Standing broad jump</b>	1 mt 30 cm 0 mm	99.8 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.
<b>4x10 meter shuttle run</b>	15.324 sec	17.122 sec	A	A-	Sports Fit. Keep it up!
<b>600 meter run/walk</b>	5 min 39 sec 692ms	6 min 50 sec 349ms	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).
<b>50 mt. dash</b>	12.856 sec	21.10 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.
<b>50 mt. dash</b>	12.856 sec	21.10 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.
<b>Partial curl up 30 sec</b>	14 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.
<b>Push Up /Modified Push Up</b>	12 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.

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
<b>Current BMI</b>	35 kg	147 cm	16.20		✓			<= 14.20	< 16.60	< 19.40	> 22.00
<b>Previous BMI</b>	30 kg	139 cm	15.53		✓			<= 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

<b>Name</b>	JIGYASA BHADE	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321116000054		
<b>Gender / DOB</b>	Girl / 21 Jun 2008		
<b>School Name</b>	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
<b>Sit and reach test</b>	16.5 cm	6.6 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 14 cm 0 mm	81.7 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.
<b>4x10 meter shuttle run</b>	14.516 sec	20.955 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.
<b>600 meter run/walk</b>	5 min 35 sec 909ms	6 min 13 sec 104ms	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).
<b>50 mt. dash</b>	12.955 sec	17.851 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.
<b>50 mt. dash</b>	12.955 sec	17.851 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.
<b>50 mt. dash</b>	12.955 sec	17.851 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.
<b>50 mt. dash</b>	12.955 sec	17.851 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.
<b>Push Up /Modified Push Up</b>	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.
<b>Push Up /Modified Push Up</b>	9 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: 11 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	25 kg	143 cm	12.23	✓				<= 14.40	< 17.40	< 20.80	> 24.00
<b>Previous BMI</b>	24 kg	139 cm	12.42	✓				<= 14.40	< 17.40	< 20.80	> 24.00

You can increase your weight by 10.58 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

<b>Name</b>	KARTIK AGRAWAL	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321116000132		
<b>Gender / DOB</b>	Boy / 11 Nov 2008		
<b>School Name</b>	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
<b>Sit and reach test</b>	16.0 cm	5.3 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 28 cm 0 mm	96.7 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.
<b>4x10 meter shuttle run</b>	15.490 sec	22.698 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.
<b>600 meter run/walk</b>	5 min 21 sec 508ms	5 min 44 sec 682ms	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).
<b>50 mt. dash</b>	11.861 sec	15.486 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.
<b>Partial curl up 30 sec</b>	12 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.
<b>Push Up /Modified Push Up</b>	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.

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
<b>Current BMI</b>	30 kg	145 cm	14.27	✓				<= 14.60	< 17.20	< 20.20	> 23.20
<b>Previous BMI</b>	29 kg	141 cm	14.59	✓				<= 14.60	< 17.20	< 20.20	> 23.20

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

<b>Name</b>	KRISHNA CHOURASIA	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321116000082		
<b>Gender / DOB</b>	Boy / 07 Sep 2008		
<b>School Name</b>	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
<b>Sit and reach test</b>	18.0 cm	5.9 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 36 cm 0 mm	1 mt 6 cm 9 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.
<b>4x10 meter shuttle run</b>	15.776 sec	19.653 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.
<b>600 meter run/walk</b>	5 min 28 sec 532ms	5 min 55 sec 62ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhasrika, bhramari).
<b>50 mt. dash</b>	14.742 sec	17.975 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.
<b>Partial curl up 30 sec</b>	14 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.
<b>Push Up /Modified Push Up</b>	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.

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: 11 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	34 kg	145 cm	16.17		✓			<= 14.60	< 17.20	< 20.20	> 23.20
<b>Previous BMI</b>	31 kg	140 cm	15.82		✓			<= 14.60	< 17.20	< 20.20	> 23.20

**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

<b>Name</b>	KRISHNARAJ VISHWAKARMA	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321116000073		
<b>Gender / DOB</b>	Boy / 31 Oct 2007		
<b>School Name</b>	KENDRIYA VIDYALAYA JV JAMMAI		

### Medical Profile

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

### Divyang Profile

<b>In Seeing</b>	<b>In Hearing</b>	<b>In Speech</b>	<b>In Movement</b>	<b>Mental Retardation</b>	<b>Mental Illness</b>	<b>Multiple Disability</b>	<b>Any other</b>
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
<b>Sit and reach test</b>	14.0 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.
<b>Standing broad jump</b>	1 mt 30 cm 0 mm	1 mt 23 cm 4 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.
<b>4x10 meter shuttle run</b>	15.640 sec	23.196 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.
<b>600 meter run/walk</b>	5 min 36 sec 955ms	5 min 34 sec 650ms	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).
<b>50 mt. dash</b>	11.958 sec	19.178 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.
<b>Partial curl up 30 sec</b>	16 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.
<b>Push Up /Modified Push Up</b>	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: 11 Year Boy**

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	26 kg	145 cm	12.37	✓				<= 15.00	< 17.80	< 21.00	> 24.20
<b>Previous BMI</b>	26 kg	140 cm	13.27	✓				<= 15.00	< 17.80	< 21.00	> 24.20

You can increase your weight by 11.42 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

<b>Name</b>	MADHAV PAWAR	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321119000375		
<b>Gender / DOB</b>	Boy / 10 Feb 2009		
<b>School Name</b>	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
<b>Sit and reach test</b>	17.5 cm	6.2 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 34 cm 0 mm	1 mt 12 cm 6 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.
<b>4x10 meter shuttle run</b>	16.413 sec	20.856 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.
<b>600 meter run/walk</b>	5 min 41 sec 898ms	6 min 50 sec 938ms	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).
<b>50 mt. dash</b>	12.194 sec	17.193 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.
<b>Partial curl up 30 sec</b>	12 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.
<b>Push Up /Modified Push Up</b>	11 times	8 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

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
<b>Current BMI</b>	30 kg	143 cm	14.67		✓			<= 14.20	< 16.60	< 19.40	> 22.00
<b>Previous BMI</b>	30 kg	137 cm	15.98		✓			<= 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.

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

<b>Name</b>	MOHAMMED AYAN KHAN	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321116000140		
<b>Gender / DOB</b>	Boy / 18 Jul 2008		
<b>School Name</b>	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
<b>Sit and reach test</b>	15.2 cm	5.6 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 29 cm 0 mm	1 mt 25 cm 3 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.
<b>4x10 meter shuttle run</b>	15.878 sec	17.590 sec	A	A-	Very Good. You can improve!
<b>600 meter run/walk</b>	5 min 30 sec 743ms	6 min 52 sec 74ms	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).
<b>50 mt. dash</b>	12.354 sec	17.458 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.
<b>Partial curl up 30 sec</b>	11 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.
<b>Push Up /Modified Push Up</b>	10 times	9 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

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: 11 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	30 kg	143 cm	14.67		✓			<= 14.60	< 17.20	< 20.20	> 23.20
<b>Previous BMI</b>	31 kg	139 cm	16.04		✓			<= 14.60	< 17.20	< 20.20	> 23.20

**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

<b>Name</b>	MOHD. HAARISH	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321116000165		
<b>Gender / DOB</b>	Boy / 09 Oct 2008		
<b>School Name</b>	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
<b>Sit and reach test</b>	17.0 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.
<b>Standing broad jump</b>	1 mt 34 cm 0 mm	1 mt 2 cm 4 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.
<b>4x10 meter shuttle run</b>	14.334 sec	16.969 sec	A	A-	Sports Fit. Keep it up!
<b>600 meter run/walk</b>	5 min 14 sec 146ms	5 min 42 sec 667ms	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).
<b>50 mt. dash</b>	14.375 sec	16.571 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.
<b>Partial curl up 30 sec</b>	14 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.
<b>Push Up /Modified Push Up</b>	11 times	5 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

### My Body Mass Index(BMI)

BMI Benchmark: 10 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	36 kg	143 cm	17.60			✓		<= 14.60	< 17.20	< 20.20	> 23.20
<b>Previous BMI</b>	32 kg	140 cm	16.33		✓			<= 14.60	< 17.20	< 20.20	> 23.20

You can reduce your weight by 0.83 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

<b>Name</b>	NAMAN SAHU	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321119000376		
<b>Gender / DOB</b>	Boy / 14 Jul 2008		
<b>School Name</b>	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
<b>Sit and reach test</b>	12.0 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.
<b>Standing broad jump</b>	1 mt 40 cm 0 mm	1 mt 23 cm 2 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.
<b>4x10 meter shuttle run</b>	14.55 sec	18.107 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.
<b>600 meter run/walk</b>	5 min 42 sec 667ms	6 min 52 sec 993ms	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).
<b>50 mt. dash</b>	13.957 sec	14.584 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.
<b>Partial curl up 30 sec</b>	80 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.
<b>Push Up /Modified Push Up</b>	15 times	6 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

### My Body Mass Index(BMI)

BMI Benchmark: 11 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	35 kg	154 cm	14.76		✓			<= 14.60	< 17.20	< 20.20	> 23.20
<b>Previous BMI</b>	30 kg	156 cm	12.33	✓				<= 14.60	< 17.20	< 20.20	> 23.20

**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

<b>Name</b>	NIDHI	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321116000134		
<b>Gender / DOB</b>	Girl / 17 Jun 2008		
<b>School Name</b>	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
<b>Sit and reach test</b>	19.0 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.
<b>Standing broad jump</b>	1 mt 2 cm 3 mm	82.7 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.
<b>4x10 meter shuttle run</b>	14.700 sec	22.875 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.
<b>600 meter run/walk</b>	5 min 50 sec 143ms	6 min 13 sec 939ms	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).
<b>50 mt. dash</b>	13.72 sec	20.163 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.
<b>50 mt. dash</b>	13.72 sec	20.163 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.
<b>50 mt. dash</b>	13.72 sec	20.163 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.
<b>50 mt. dash</b>	13.72 sec	20.163 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.
<b>Push Up /Modified Push Up</b>	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.
<b>Push Up /Modified Push Up</b>	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: 11 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	35 kg	141 cm	17.60			✓		<= 14.40	< 17.40	< 20.80	> 24.00
<b>Previous BMI</b>	32 kg	135 cm	17.56			✓		<= 14.40	< 17.40	< 20.80	> 24.00

You can reduce your weight by 0.41 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

<b>Name</b>	PARIDHI VISHWAKARMA	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321116000112		
<b>Gender / DOB</b>	Girl / 21 Mar 2008		
<b>School Name</b>	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
<b>Sit and reach test</b>	16.0 cm	5.4 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 15 cm 0 mm	94.8 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.
<b>4x10 meter shuttle run</b>	14.116 sec	22.92 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.
<b>600 meter run/walk</b>	5 min 55 sec 910ms	6 min 51 sec 726ms	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).
<b>50 mt. dash</b>	13.206 sec	23.381 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.
<b>50 mt. dash</b>	13.206 sec	23.381 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.
<b>50 mt. dash</b>	13.206 sec	23.381 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.
<b>50 mt. dash</b>	13.206 sec	23.381 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.
<b>Push Up /Modified Push Up</b>	11 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.
<b>Push Up /Modified Push Up</b>	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: 11 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	39 kg	153 cm	16.66		✓			<= 14.40	< 17.40	< 20.80	> 24.00
<b>Previous BMI</b>	35 kg	146 cm	16.42		✓			<= 14.40	< 17.40	< 20.80	> 24.00

**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

<b>Name</b>	PAVNI DEHARIYA	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321116000110		
<b>Gender / DOB</b>	Girl / 07 Jul 2008		
<b>School Name</b>	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
<b>Sit and reach test</b>	20.5 cm	6.3 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 25 cm 7 mm	89.3 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.
<b>4x10 meter shuttle run</b>	15.568 sec	19.336 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.
<b>600 meter run/walk</b>	5 min 39 sec 501ms	6 min 47 sec 350ms	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).
<b>50 mt. dash</b>	17.464 sec	18.680 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.
<b>Push Up /Modified Push Up</b>	12 times	6 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
<b>Push Up /Modified Push Up</b>	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: 11 Year Girl**

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	50 kg	159 cm	19.78			✓		<= 14.40	< 17.40	< 20.80	> 24.00
<b>Previous BMI</b>	50 kg	156 cm	20.55			✓		<= 14.40	< 17.40	< 20.80	> 24.00

**You can reduce your weight by 6.01 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.

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

<b>Name</b>	PRADHUM SINGH	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321116000176		
<b>Gender / DOB</b>	Boy / 25 Nov 2008		
<b>School Name</b>	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
<b>Sit and reach test</b>	24.0 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.
<b>Standing broad jump</b>	50.0 cm	97.3 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.
<b>4x10 meter shuttle run</b>	18.182 sec	22.93 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.
<b>600 meter run/walk</b>	5 min 35 sec 591ms	5 min 58 sec 904ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhasrika, bhramari).
<b>50 mt. dash</b>	12.110 sec	22.787 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.
<b>Partial curl up 30 sec</b>	13 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.
<b>Push Up /Modified Push Up</b>	11 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
<b>Current BMI</b>	26 kg	142 cm	12.89	✓				<= 14.60	< 17.20	< 20.20	> 23.20
<b>Previous BMI</b>	26 kg	137 cm	13.85	✓				<= 14.60	< 17.20	< 20.20	> 23.20

**You can increase your weight by 8.68 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

<b>Name</b>	PRANJAL VISHWAKARMA	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321116000154		
<b>Gender / DOB</b>	Girl / 16 Apr 2008		
<b>School Name</b>	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
<b>Sit and reach test</b>	10.0 cm	6.2 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 15 cm 3 mm	89.2 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.
<b>4x10 meter shuttle run</b>	14.566 sec	21.796 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.
<b>600 meter run/walk</b>	5 min 16 sec 936ms	6 min 13 sec 548ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhasrika, bhramari).
<b>50 mt. dash</b>	13.357 sec	21.416 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.
<b>Push Up /Modified Push Up</b>	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.
<b>Push Up /Modified Push Up</b>	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: 11 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	44 kg	140 cm	22.45				✓	<= 14.40	< 17.40	< 20.80	> 24.00
<b>Previous BMI</b>	30 kg	137 cm	15.98		✓			<= 14.40	< 17.40	< 20.80	> 24.00

**You can reduce your weight by 9.9 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

<b>Name</b>	PRAYAGRAJ CHOURASIA	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321116000139		
<b>Gender / DOB</b>	Boy / 02 Mar 2008		
<b>School Name</b>	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
<b>Sit and reach test</b>	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.
<b>Standing broad jump</b>	1 mt 20 cm 3 mm	1 mt 6 cm 9 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.
<b>4x10 meter shuttle run</b>	17.972 sec	18.910 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.
<b>600 meter run/walk</b>	6 min 15 sec 440ms	6 min 4 sec 499ms	A	A+	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhasrika, bhramari).
<b>50 mt. dash</b>	15.160 sec	22.236 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
<b>Partial curl up 30 sec</b>	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.
<b>Push Up /Modified Push Up</b>	11 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: 11 Year Boy**

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	25 kg	134 cm	13.92	✓				<= 14.60	< 17.20	< 20.20	> 23.20
<b>Previous BMI</b>	30 kg	137 cm	15.98		✓			<= 14.60	< 17.20	< 20.20	> 23.20

**You can increase your weight by 5.88 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

<b>Name</b>	RIDHIMA SHUKLA	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321116000021		
<b>Gender / DOB</b>	Girl / 11 Feb 2009		
<b>School Name</b>	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
<b>Sit and reach test</b>	24.5 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.
<b>Standing broad jump</b>	97.3 cm	93.2 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.
<b>4x10 meter shuttle run</b>	17.14 sec	19.408 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.
<b>600 meter run/walk</b>	5 min 32 sec 575ms	7 min 3 sec 580ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhasrika, bhramari).
<b>50 mt. dash</b>	14.189 sec	19.864 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.
<b>Push Up /Modified Push Up</b>	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.
<b>Push Up /Modified Push Up</b>	21 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
<b>Current BMI</b>	33 kg	149 cm	14.86		✓			<= 14.00	< 16.80	< 19.80	> 23.00
<b>Previous BMI</b>	30 kg	142 cm	14.88		✓			<= 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

<b>Name</b>	SANSKRITI VISHWAKARMA	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321116000202		
<b>Gender / DOB</b>	Girl / 21 Jun 2008		
<b>School Name</b>	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
<b>Sit and reach test</b>	12.0 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.
<b>Standing broad jump</b>	97.3 cm	87.5 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps, multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
<b>4x10 meter shuttle run</b>	15.167 sec	19.938 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.
<b>600 meter run/walk</b>	5 min 31 sec 622ms	7 min 4 sec 214ms	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).
<b>50 mt. dash</b>	16.596 sec	18.400 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.
<b>Push Up /Modified Push Up</b>	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.
<b>Push Up /Modified Push Up</b>	5 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: 11 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	56 kg	152 cm	24.24				✓	<= 14.40	< 17.40	< 20.80	> 24.00
<b>Previous BMI</b>	58 kg	146 cm	27.21				✓	<= 14.40	< 17.40	< 20.80	> 24.00

**You can reduce your weight by 15.8 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

<b>Name</b>	SAUMYA JAIN	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321116000005		
<b>Gender / DOB</b>	Girl / 18 Mar 2008		
<b>School Name</b>	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
<b>Sit and reach test</b>	17.0 cm	4.8 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 3 cm 2 mm	91.3 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.
<b>4x10 meter shuttle run</b>	17.132 sec	23.260 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.
<b>600 meter run/walk</b>	5 min 19 sec 224ms	6 min 12 sec 662ms	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).
<b>50 mt. dash</b>	15.443 sec	19.432 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.
<b>Push Up /Modified Push Up</b>	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.
<b>Push Up /Modified Push Up</b>	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: 11 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	34 kg	155 cm	14.15	✓				<= 14.40	< 17.40	< 20.80	> 24.00
<b>Previous BMI</b>	32 kg	148 cm	14.61		✓			<= 14.40	< 17.40	< 20.80	> 24.00

You can increase your weight by 7.8 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

<b>Name</b>	TAMSHI QURESHI	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321116000177		
<b>Gender / DOB</b>	Girl / 23 Jan 2009		
<b>School Name</b>	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
<b>Sit and reach test</b>	16.0 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.
<b>Standing broad jump</b>	94.3 cm	79.5 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
<b>4x10 meter shuttle run</b>	17.683 sec	23.76 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.
<b>600 meter run/walk</b>	6 min 17 sec 447ms	6 min 19 sec 703ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhasrika, bhramari).
<b>50 mt. dash</b>	15.727 sec	18.233 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.
<b>Push Up /Modified Push Up</b>	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.
<b>Push Up /Modified Push Up</b>	4 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
<b>Current BMI</b>	45 kg	145 cm	21.40				✓	<= 14.00	< 16.80	< 19.80	> 23.00
<b>Previous BMI</b>	35 kg	134 cm	19.49			✓		<= 14.00	< 16.80	< 19.80	> 23.00

**You can reduce your weight by 9.68 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

<b>Name</b>	UDESHIKA SOMKUWAR	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321116000138		
<b>Gender / DOB</b>	Girl / 11 Dec 2008		
<b>School Name</b>	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
<b>Sit and reach test</b>	16.0 cm	4.9 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	98.2 cm	82.7 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.
<b>4x10 meter shuttle run</b>	14.850 sec	20.539 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.
<b>600 meter run/walk</b>	6 min 19 sec 586ms	5 min 55 sec 881ms	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).
<b>50 mt. dash</b>	13.276 sec	17.999 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.
<b>Push Up /Modified Push Up</b>	9 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.
<b>Push Up /Modified Push Up</b>	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
<b>Current BMI</b>	30 kg	144 cm	14.47		✓			<= 14.40	< 17.40	< 20.80	> 24.00
<b>Previous BMI</b>	25 kg	136 cm	13.52	✓				<= 14.40	< 17.40	< 20.80	> 24.00

**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

<b>Name</b>	VIDHAN JAIN	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321116000087		
<b>Gender / DOB</b>	Boy / 21 Feb 2009		
<b>School Name</b>	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
<b>Sit and reach test</b>	15.0 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.
<b>Standing broad jump</b>	1 mt 11 cm 8 mm	1 mt 28 cm 7 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.
<b>4x10 meter shuttle run</b>	15.318 sec	24.115 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.
<b>600 meter run/walk</b>	5 min 30 sec 402ms	6 min 46 sec 612ms	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).
<b>50 mt. dash</b>	14.141 sec	21.620 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.
<b>Partial curl up 30 sec</b>	6 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.
<b>Push Up /Modified Push Up</b>	12 times	6 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

### My Body Mass Index(BMI)

**BMI Benchmark: 10 Year Boy**

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	29 kg	143 cm	14.18	✓				<= 14.20	< 16.60	< 19.40	> 22.00
<b>Previous BMI</b>	27 kg	137 cm	14.39		✓			<= 14.20	< 16.60	< 19.40	> 22.00

You can increase your weight by 4.95 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

<b>Name</b>	VISHWESH	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VI-A		
<b>Registration No</b>	232100122321116000081		
<b>Gender / DOB</b>	Boy / 21 Aug 2008		
<b>School Name</b>	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
<b>Sit and reach test</b>	23.0 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.
<b>Standing broad jump</b>	1 mt 9 cm 5 mm	1 mt 16 cm 7 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.
<b>4x10 meter shuttle run</b>	16.387 sec	18.656 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.
<b>600 meter run/walk</b>	5 min 24 sec 822ms	6 min 52 sec 595ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
<b>50 mt. dash</b>	13.757 sec	22.472 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.
<b>Partial curl up 30 sec</b>	14 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.
<b>Push Up /Modified Push Up</b>	13 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: 11 Year Boy**

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	33 kg	140 cm	16.84		✓			<= 14.60	< 17.20	< 20.20	> 23.20
<b>Previous BMI</b>	30 kg	138 cm	15.75		✓			<= 14.60	< 17.20	< 20.20	> 23.20

**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** YUGANTAR SAHU **Period:** Oct 2019 to May 2020  
**Class** VI-A  
**Registration No** 232100122321116000180  
**Gender / DOB** Boy / 19 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
<b>Sit and reach test</b>	22.0 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.
<b>Standing broad jump</b>	1 mt 6 cm 2 mm	1 mt 6 cm 8 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.
<b>4x10 meter shuttle run</b>	15.34 sec	17.571 sec	A	A-	Very Good. You can improve!
<b>600 meter run/walk</b>	5 min 31 sec 379ms	6 min 53 sec 631ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
<b>50 mt. dash</b>	14.976 sec	22.168 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.
<b>Partial curl up 30 sec</b>	12 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.
<b>Push Up /Modified Push Up</b>	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: 10 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	25 kg	137 cm	13.32	✓				<= 14.20	< 16.60	< 19.40	> 22.00
<b>Previous BMI</b>	24 kg	133 cm	13.57	✓				<= 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

- 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.

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>.