

## Fitness Assessment Report 2019-2020 Term-2

<b>Name</b>	AADI VISHVKARMA	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000121		
<b>Gender / DOB</b>	Girl / 22 Nov 2007		
<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>	26.2 cm	9.8 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katchakrasana on regular basis.
<b>Standing broad jump</b>	2 mt 10 cm 0 mm	1 mt 85 cm 3 mm	A	A-	Sports Fit. Keep it up!
<b>4x10 meter shuttle run</b>	16.219 sec	20.455 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 706ms	4 min 17 sec 301ms	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 bharti, bhasrika, bhramari).
<b>50 mt. dash</b>	10.444 sec	14.530 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	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.
<b>Push Up /Modified Push Up</b>	13 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 Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	49 kg	170 cm	16.96		✓			<= 14.80	< 18.00	< 21.80	> 25.00
<b>Previous BMI</b>	49 kg	148 cm	22.37				✓	<= 14.80	< 18.00	< 21.80	> 25.00

**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>	AANJNEY	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000123		
<b>Gender / DOB</b>	Boy / 21 Oct 2007		
<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	5.2 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 70 cm 0 mm	1 mt 12 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>	17.998 sec	21.675 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>	3 min 49 sec 408ms	5 min 14 sec 377ms	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>	11.50 sec	15.639 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	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>	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>	39 kg	150 cm	17.33		✓			<= 15.00	< 17.80	< 21.00	> 24.20
<b>Previous BMI</b>	37 kg	146 cm	17.36		✓			<= 15.00	< 17.80	< 21.00	> 24.20

**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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<b>Name</b>	AASTHA	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000028		
<b>Gender / DOB</b>	Girl / 04 Apr 2007		
<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	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 40 cm 1 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>	17.430 sec	17.61 sec	A	A+	Sports Fit. Keep it up!
<b>600 meter run/walk</b>	5 min 26 sec 964ms	8 min 15 sec 924ms	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>	12.47 sec	18.126 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>	15 times	15 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
<b>Push Up /Modified Push Up</b>	13 times	4 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
<b>Push Up /Modified Push Up</b>	13 times	4 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

### My Body Mass Index(BMI)

BMI Benchmark: 12 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	42 kg	161 cm	16.20		✓			<= 14.80	< 18.00	< 21.80	> 25.00
<b>Previous BMI</b>	39 kg	157 cm	15.82		✓			<= 14.80	< 18.00	< 21.80	> 25.00

**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>	ABHINAV PRAJAPATI	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000025		
<b>Gender / DOB</b>	Boy / 26 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
<b>Sit and reach test</b>	13.0 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 30 cm 0 mm	1 mt 35 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>	15.725 sec	21.57 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>	4 min 1 sec 562ms	4 min 18 sec 955ms	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>	11.251 sec	22.806 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>	15 times	12 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
<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>	40 kg	151 cm	17.54			✓		<= 14.60	< 17.20	< 20.20	> 23.20
<b>Previous BMI</b>	35 kg	146 cm	16.42		✓			<= 14.60	< 17.20	< 20.20	> 23.20

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

#### Dietary

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

#### Activity to be pursued

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

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## Fitness Assessment Report 2019-2020 Term-2

<b>Name</b>	ADITI LADRE	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000069		
<b>Gender / DOB</b>	Girl / 14 Nov 2007		
<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 20 cm 0 mm	1 mt 21 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>	15.595 sec	23.111 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 25 sec 529ms	8 min 17 sec 393ms	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>	12.636 sec	23.417 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	16 times	A	A+	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
<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>	13 times	3 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

### My Body Mass Index(BMI)

BMI Benchmark: 11 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	40 kg	159 cm	15.82		✓			<= 14.80	< 18.00	< 21.80	> 25.00
<b>Previous BMI</b>	38 kg	156 cm	15.61		✓			<= 14.80	< 18.00	< 21.80	> 25.00

**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>	ADITYA PANDEY	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000007		
<b>Gender / DOB</b>	Boy / 20 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
<b>Sit and reach test</b>	12.0 cm	3.8 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 40 cm 0 mm	1 mt 13 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>	16.613 sec	17.869 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>	3 min 53 sec 932ms	4 min 51 sec 78ms	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>	11.839 sec	18.876 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	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	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>	49 kg	150 cm	21.78				✓	<= 14.60	< 17.20	< 20.20	> 23.20
<b>Previous BMI</b>	46 kg	145 cm	21.88				✓	<= 14.60	< 17.20	< 20.20	> 23.20

**You can reduce your weight by 10.3 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>	ANSH AGRAWAL	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000142		
<b>Gender / DOB</b>	Boy / 23 Jan 2007		
<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>	28.0 cm	5.2 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 71 cm 0 mm	1 mt 34 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>	16.911 sec	19.949 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>	4 min 0 sec 755ms	8 min 18 sec 229ms	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>	13.135 sec	18.375 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	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>	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: 12 Year Boy**

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	37 kg	155 cm	15.40		✓			<= 15.00	< 17.80	< 21.00	> 24.20
<b>Previous BMI</b>	33 kg	149 cm	14.86	✓				<= 15.00	< 17.80	< 21.00	> 24.20

**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>	ANUBHAV	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000047		
<b>Gender / DOB</b>	Boy / 08 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>	26.2 cm	4.2 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 30 cm 0 mm	1 mt 23 cm 5 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>	16.869 sec	16.907 sec	A	A-	Sports Fit. Keep it up!
<b>600 meter run/walk</b>	4 min 5 sec 242ms	7 min 2 sec 52ms	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>	10.928 sec	20.76 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>	10.928 sec	20.76 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>	10.928 sec	20.76 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>	15 times	15 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
<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>	49 kg	155 cm	20.40				✓	<= 14.60	< 17.20	< 20.20	> 23.20
<b>Previous BMI</b>	43 kg	150 cm	19.11			✓		<= 14.60	< 17.20	< 20.20	> 23.20

**You can reduce your weight by 7.68 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:**

#### Dietary

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

#### Activity to be pursued

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

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## Fitness Assessment Report 2019-2020 Term-2

**Name** ANUBHAV THAKUR **Period:** Oct 2019 to May 2020  
**Class** VII-A  
**Registration No** 232100122321116000196  
**Gender / DOB** Boy / 27 Mar 2007  
**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>	12.0 cm	6.4 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 70 cm 0 mm	1 mt 2 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>	16.192 sec	15.597 sec	A	A+	Sports Fit. Keep it up!
<b>600 meter run/walk</b>	4 min 39 sec 635ms	5 min 22 sec 395ms	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>	12.24 sec	18.279 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	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>	9 times	9 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

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: 12 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	27 kg	140 cm	13.78	✓				<= 15.00	< 17.80	< 21.00	> 24.20
<b>Previous BMI</b>	26 kg	138 cm	13.65	✓				<= 15.00	< 17.80	< 21.00	> 24.20

You can increase your weight by 7.89 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

#### Dietary

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

#### Activity to be pursued

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

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## Fitness Assessment Report 2019-2020 Term-2

<b>Name</b>	ANUSH	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000129		
<b>Gender / DOB</b>	Boy / 02 Mar 2007		
<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>	27.0 cm	7.5 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 51 cm 0 mm	1 mt 12 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>	17.279 sec	22.814 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 33 sec 58ms	8 min 18 sec 413ms	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>	14.125 sec	19.7 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>	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: 12 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	35 kg	151 cm	15.35		✓			<= 15.00	< 17.80	< 21.00	> 24.20
<b>Previous BMI</b>	34 kg	148 cm	15.52		✓			<= 15.00	< 17.80	< 21.00	> 24.20

**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>	ATIF ARASAN	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000046		
<b>Gender / DOB</b>	Boy / 18 Nov 2007		
<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	3.9 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 42 cm 0 mm	1 mt 6 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>	16.453 sec	16.107 sec	A	A+	Sports Fit. Keep it up!
<b>600 meter run/walk</b>	4 min 35 sec 619ms	7 min 2 sec 737ms	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>	13.285 sec	19.340 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>	12 times	10 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

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	153 cm	14.95	✓				<= 15.00	< 17.80	< 21.00	> 24.20
<b>Previous BMI</b>	29 kg	145 cm	13.79	✓				<= 15.00	< 17.80	< 21.00	> 24.20

You can increase your weight by 6.67 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>	BHANU SONI	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000045		
<b>Gender / DOB</b>	Boy / 18 Oct 2007		
<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>	22.0 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 21 cm 0 mm	1 mt 32 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>	18.583 sec	25.801 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>	4 min 15 sec 93ms	4 min 27 sec 696ms	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>	11.769 sec	17.799 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>	11.769 sec	17.799 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>	11.769 sec	17.799 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>	15 times	15 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
<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: 11 Year Boy**

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	30 kg	141 cm	15.09		✓			<= 15.00	< 17.80	< 21.00	> 24.20
<b>Previous BMI</b>	28 kg	139 cm	14.49	✓				<= 15.00	< 17.80	< 21.00	> 24.20

**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>	BHUPENDRA MANDWAR	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000100		
<b>Gender / DOB</b>	Boy / 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>	18.5 cm	7.3 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 40 cm 0 mm	1 mt 35 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>	17.462 sec	23.291 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>	4 min 45 sec 955ms	4 min 40 sec 58ms	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>	13.197 sec	19.541 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>	13.197 sec	19.541 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>	13.197 sec	19.541 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	16 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
<b>Push Up /Modified Push Up</b>	12 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>	55 kg	154 cm	23.19				✓	<= 14.60	< 17.20	< 20.20	> 23.20
<b>Previous BMI</b>	53 kg	150 cm	23.56				✓	<= 14.60	< 17.20	< 20.20	> 23.20

**You can reduce your weight by 14.21 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>	BHUPENDRA YADUWANSHI	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000026		
<b>Gender / DOB</b>	Boy / 08 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>	6.0 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 40 cm 0 mm	1 mt 32 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>	17.87 sec	21.235 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>	4 min 22 sec 491ms	8 min 17 sec 894ms	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>	13.416 sec	21.12 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>	13.416 sec	21.12 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>	13.416 sec	21.12 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>	19 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>	13 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>	35 kg	153 cm	14.95		✓			<= 14.60	< 17.20	< 20.20	> 23.20
<b>Previous BMI</b>	33 kg	149 cm	14.86		✓			<= 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.

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>	CHETANYA	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000042		
<b>Gender / DOB</b>	Boy / 28 Sep 2007		
<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	5.8 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 20 cm 0 mm	86.3 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>	19.568 sec	18.754 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 51 sec 595ms	8 min 17 sec 594ms	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>	12.837 sec	20.889 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	1 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	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>	19 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: 12 Year Boy**

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	36 kg	153 cm	15.38		✓			<= 15.00	< 17.80	< 21.00	> 24.20
<b>Previous BMI</b>	35 kg	149 cm	15.77		✓			<= 15.00	< 17.80	< 21.00	> 24.20

**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>	DHRUV MANEKAR	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321119000357		
<b>Gender / DOB</b>	Boy / 15 Jul 2007		
<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	4.8 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 50 cm 0 mm	1 mt 12 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>	17.629 sec	23.632 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>	4 min 48 sec 140ms	4 min 40 sec 988ms	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>	14.441 sec	19.377 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>	14.441 sec	19.377 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>	14.441 sec	19.377 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>	15 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>	13 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: 12 Year Boy**

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	31 kg	152 cm	13.42	✓				<= 15.00	< 17.80	< 21.00	> 24.20
<b>Previous BMI</b>	31 kg	149 cm	13.96	✓				<= 15.00	< 17.80	< 21.00	> 24.20

**You can increase your weight by 10.13 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>	GAURAV SINGARE	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000205		
<b>Gender / DOB</b>	Boy / 05 Jul 2007		
<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	3.8 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 50 cm 0 mm	1 mt 32 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>	16.653 sec	18.564 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>	4 min 35 sec 820ms	7 min 3 sec 521ms	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>	15.483 sec	16.318 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>	15.483 sec	16.318 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>	15.483 sec	16.318 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>	11 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: 12 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	40 kg	155 cm	16.65		✓			<= 15.00	< 17.80	< 21.00	> 24.20
<b>Previous BMI</b>	37 kg	151 cm	16.23		✓			<= 15.00	< 17.80	< 21.00	> 24.20

**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>	GAYURAV VERMA	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321119000354		
<b>Gender / DOB</b>	Boy / 17 Nov 2007		
<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	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 0 cm 0 mm	1 mt 12 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>	18.952 sec	24.25 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>	4 min 56 sec 73ms	8 min 18 sec 79ms	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>	15.988 sec	19.725 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>	15.988 sec	19.725 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>	15.988 sec	19.725 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>	19 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	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>	25 kg	134 cm	13.92	✓				<= 15.00	< 17.80	< 21.00	> 24.20
<b>Previous BMI</b>	21 kg	133 cm	11.87	✓				<= 15.00	< 17.80	< 21.00	> 24.20

**You can increase your weight by 6.96 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>	HARSHIT SINGH	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000029		
<b>Gender / DOB</b>	Boy / 24 Sep 2007		
<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>	22.8 cm	7.1 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 72 cm 0 mm	1 mt 6 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>	16.677 sec	19.790 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 5 sec 757ms	5 min 33 sec 302ms	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>	11.742 sec	20.142 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	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>	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: 12 Year Boy**

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	41 kg	155 cm	17.07		✓			<= 15.00	< 17.80	< 21.00	> 24.20
<b>Previous BMI</b>	38 kg	150 cm	16.89		✓			<= 15.00	< 17.80	< 21.00	> 24.20

**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.

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>	JIGYASA	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000101		
<b>Gender / DOB</b>	Girl / 15 Mar 2007		
<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	5.9 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 10 cm 0 mm	83.9 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>	20.746 sec	22.7 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 34 sec 946ms	6 min 11 sec 216ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
<b>50 mt. dash</b>	14.433 sec	19.177 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	1 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	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>	15 times	5 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

### My Body Mass Index(BMI)

BMI Benchmark: 12 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	53 kg	149 cm	23.87				✓	<= 14.80	< 18.00	< 21.80	> 25.00
<b>Previous BMI</b>	52 kg	149 cm	23.42				✓	<= 14.80	< 18.00	< 21.80	> 25.00

**You can reduce your weight by 13.04 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:**

#### Dietary

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

#### Activity to be pursued

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

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## Fitness Assessment Report 2019-2020 Term-2

<b>Name</b>	KULDEEP	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000097		
<b>Gender / DOB</b>	Boy / 07 Dec 2006		
<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	5.0 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 10 cm 0 mm	1 mt 26 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>	17.762 sec	19.284 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 54 sec 860ms	7 min 4 sec 273ms	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>	11.927 sec	18.467 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
<b>50 mt. dash</b>	11.927 sec	18.467 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
<b>Partial curl up 30 sec</b>	15 times	12 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
<b>Push Up /Modified Push Up</b>	10 times	6 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

### My Body Mass Index(BMI)

BMI Benchmark: 12 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	26 kg	139 cm	13.46	✓				<= 15.40	< 18.40	< 21.80	> 25.20
<b>Previous BMI</b>	27 kg	148 cm	12.33	✓				<= 15.40	< 18.40	< 21.80	> 25.20

**You can increase your weight by 9.55 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:**

#### Dietary

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

#### Activity to be pursued

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

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## Fitness Assessment Report 2019-2020 Term-2

<b>Name</b>	LAGAN	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000031		
<b>Gender / DOB</b>	Boy / 05 Aug 2007		
<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>	16.9 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 50 cm 0 mm	99.3 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>	17.946 sec	18.719 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 38 sec 408ms	4 min 54 sec 106ms	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>	16.189 sec	15.365 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>	20 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>	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: 12 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	✓				<= 15.00	< 17.80	< 21.00	> 24.20
<b>Previous BMI</b>	28 kg	144 cm	13.50	✓				<= 15.00	< 17.80	< 21.00	> 24.20

You can increase your weight by 7.42 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>	MANSAJ AGRAWAL	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000008		
<b>Gender / DOB</b>	Boy / 25 May 2007		
<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	4.2 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 20 cm 0 mm	1 mt 25 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>	18.768 sec	18.748 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 48 sec 261ms	7 min 5 sec 660ms	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>	12.768 sec	21.265 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>	12.768 sec	21.265 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>	12 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: 12 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	153 kg	41 cm	910.17				✓	<= 15.00	< 17.80	< 21.00	> 24.20
<b>Previous BMI</b>	37 kg	149 cm	16.67		✓			<= 15.00	< 17.80	< 21.00	> 24.20

**You can reduce your weight by 150.01 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>	MANYA JAISWAL	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000099		
<b>Gender / DOB</b>	Girl / 01 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>	18.0 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 30 cm 0 mm	85.3 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
<b>4x10 meter shuttle run</b>	19.67 sec	18.914 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 36ms	7 min 8 sec 32ms	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>	15.309 sec	19.3 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	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>	16 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>	12 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>	45 kg	157 cm	18.26			✓		<= 14.40	< 17.40	< 20.80	> 24.00
<b>Previous BMI</b>	45 kg	152 cm	19.48			✓		<= 14.40	< 17.40	< 20.80	> 24.00

**You can reduce your weight by 2.11 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>	MAYANK	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000084		
<b>Gender / DOB</b>	Boy / 20 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
<b>Sit and reach test</b>	21.0 cm	8.0 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	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>	20.52 sec	17.391 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>	4 min 51 sec 149ms	7 min 6 sec 379ms	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>	12.397 sec	20.220 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>	9 times	10 times	A	A+	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

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>	47 kg	153 cm	20.08			✓		<= 14.60	< 17.20	< 20.20	> 23.20
<b>Previous BMI</b>	36 kg	155 cm	14.98		✓			<= 14.60	< 17.20	< 20.20	> 23.20

**You can reduce your weight by 6.74 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>	MAYANK	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000098		
<b>Gender / DOB</b>	Boy / 20 Sep 2006		
<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	6.9 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 60 cm 0 mm	1 mt 12 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>	20.654 sec	17.659 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 5 sec 373ms	7 min 7 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, bhasrika, bhramari).
<b>50 mt. dash</b>	12.566 sec	19.513 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
<b>Partial curl up 30 sec</b>	17 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	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: 13 Year Boy**

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	40 kg	161 cm	15.43		✓			<= 15.40	< 18.40	< 21.80	> 25.20
<b>Previous BMI</b>	45 kg	149 cm	20.27			✓		<= 15.40	< 18.40	< 21.80	> 25.20

**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>	MAYANK BINJAWA	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321119000352		
<b>Gender / DOB</b>	Boy / 15 Aug 2007		
<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	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 50 cm 0 mm	98.3 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>	18.130 sec	16.326 sec	A	A+	Sports Fit. Keep it up!
<b>600 meter run/walk</b>	5 min 42 sec 530ms	4 min 30 sec 982ms	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>	13.372 sec	20.749 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	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	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: 12 Year Boy**

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	36 kg	141 cm	18.11			✓		<= 15.00	< 17.80	< 21.00	> 24.20
<b>Previous BMI</b>	35 kg	138 cm	18.38			✓		<= 15.00	< 17.80	< 21.00	> 24.20

**You can reduce your weight by 0.61 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>	MAYUR PANDIYA	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321119000344		
<b>Gender / DOB</b>	Boy / 29 May 2007		
<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>	26.0 cm	7.0 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 30 cm 0 mm	1 mt 5 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>	17.867 sec	27.221 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 18 sec 540ms	5 min 52 sec 347ms	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>	13.876 sec	20.785 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
<b>Partial curl up 30 sec</b>	19 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>	10 times	11 times	A	A+	Very Good. You can improve!

Grades indicate your own performance compared to last term :

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

### My Body Mass Index(BMI)

**BMI Benchmark: 12 Year Boy**

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	29 kg	139 cm	15.01		✓			<= 15.00	< 17.80	< 21.00	> 24.20
<b>Previous BMI</b>	28 kg	135 cm	15.36		✓			<= 15.00	< 17.80	< 21.00	> 24.20

**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>	MOHIT KHADIPURE	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000030		
<b>Gender / DOB</b>	Boy / 13 Apr 2007		
<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	5.1 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 0 mm	1 mt 32 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>	21.339 sec	26.770 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 16 sec 661ms	4 min 56 sec 641ms	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>	13.558 sec	19.875 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>	19 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	10 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

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: 12 Year Boy**

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	33 kg	154 cm	13.91	✓				<= 15.00	< 17.80	< 21.00	> 24.20
<b>Previous BMI</b>	31 kg	148 cm	14.15	✓				<= 15.00	< 17.80	< 21.00	> 24.20

You can increase your weight by 9.21 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

#### Dietary

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

#### Activity to be pursued

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

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## Fitness Assessment Report 2019-2020 Term-2

<b>Name</b>	NIHARIKA	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000192		
<b>Gender / DOB</b>	Girl / 07 Apr 2007		
<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	6.9 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 20 cm 0 mm	73.9 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>	17.412 sec	20.565 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 56 sec 875ms	5 min 2 sec 793ms	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>	15.173 sec	21.507 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	16 times	A	A+	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
<b>Push Up /Modified Push Up</b>	12 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>	14 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: 12 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	40 kg	153 cm	17.09		✓			<= 14.80	< 18.00	< 21.80	> 25.00
<b>Previous BMI</b>	38 kg	149 cm	17.12		✓			<= 14.80	< 18.00	< 21.80	> 25.00

**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>	PARISHKRATI NAGLE	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000183		
<b>Gender / DOB</b>	Girl / 28 Apr 2007		
<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>	26.0 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 40 cm 0 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>	19.710 sec	19.648 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 22 sec 472ms	6 min 9 sec 111ms	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>	16.131 sec	19.578 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	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.
<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: 12 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	54 kg	152 cm	23.37				✓	<= 14.80	< 18.00	< 21.80	> 25.00
<b>Previous BMI</b>	55 kg	150 cm	24.44				✓	<= 14.80	< 18.00	< 21.80	> 25.00

**You can reduce your weight by 12.41 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>	PIYUSH	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000182		
<b>Gender / DOB</b>	Boy / 14 Mar 2007		
<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>	17.8 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 61 cm 0 mm	1 mt 7 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>	19.550 sec	18.194 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 20 sec 416ms	6 min 31 sec 520ms	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>	14.500 sec	19.992 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
<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>	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: 12 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	35 kg	151 cm	15.35		✓			<= 15.00	< 17.80	< 21.00	> 24.20
<b>Previous BMI</b>	30 kg	140 cm	15.31		✓			<= 15.00	< 17.80	< 21.00	> 24.20

**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.

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>	RUDRANSH CHOUKSEY	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000158		
<b>Gender / DOB</b>	Boy / 05 Jul 2006		
<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>	9.1 cm	7.2 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 30 cm 0 mm	1 mt 36 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>	18.467 sec	18.945 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 6 sec 864ms	8 min 17 sec 727ms	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>Partial curl up 30 sec</b>	15 times	15 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
<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: 13 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	65 kg	168 cm	23.03				✓	<= 15.40	< 18.40	< 21.80	> 25.20
<b>Previous BMI</b>	60 kg	164 cm	22.31				✓	<= 15.40	< 18.40	< 21.80	> 25.20

You can reduce your weight by 13.07 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>	SANKET	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000128		
<b>Gender / DOB</b>	Boy / 29 Aug 2007		
<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	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 40 cm 0 mm	1 mt 6 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>	18.284 sec	17.943 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 3 sec 606ms	6 min 4 sec 758ms	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>	12.937 sec	20.309 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
<b>50 mt. dash</b>	12.937 sec	20.309 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
<b>Partial curl up 30 sec</b>	16 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>	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: 12 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	34 kg	139 cm	17.60		✓			<= 15.00	< 17.80	< 21.00	> 24.20
<b>Previous BMI</b>	27 kg	135 cm	14.81	✓				<= 15.00	< 17.80	< 21.00	> 24.20

**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>	SARTHAK AMRAWANSHI	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000152		
<b>Gender / DOB</b>	Boy / 29 Jul 2007		
<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	7.1 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 50 cm 0 mm	1 mt 5 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>	18.708 sec	16.859 sec	A	A+	Sports Fit. Keep it up!
<b>600 meter run/walk</b>	6 min 17 sec 226ms	5 min 13 sec 328ms	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>Partial curl up 30 sec</b>	19 times	11 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
<b>Push Up /Modified Push Up</b>	11 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: 12 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	27 kg	137 cm	14.39	✓				<= 15.00	< 17.80	< 21.00	> 24.20
<b>Previous BMI</b>	27 kg	135 cm	14.81	✓				<= 15.00	< 17.80	< 21.00	> 24.20

You can increase your weight by 6.41 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>.

## Fitness Assessment Report 2019-2020 Term-2

<b>Name</b>	SHIKHAR	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000027		
<b>Gender / DOB</b>	Boy / 28 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>	21.0 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 70 cm 0 mm	1 mt 34 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>	18.748 sec	20.138 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 8 sec 876ms	5 min 53 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>	15.120 sec	19.620 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>50 mt. dash</b>	15.120 sec	19.620 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>	20 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>	11 times	15 times	A	A+	Sports Fit. Keep it up!

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>	32 kg	148 cm	14.61		✓			<= 14.60	< 17.20	< 20.20	> 23.20
<b>Previous BMI</b>	31 kg	145 cm	14.74		✓			<= 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>	SIDHANT SURYWANSHI	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000066		
<b>Gender / DOB</b>	Boy / 22 Oct 2007		
<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	3.8 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 31 cm 0 mm	1 mt 12 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>	18.47 sec	27.488 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 7 sec 907ms	4 min 46 sec 636ms	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>	13.742 sec	22.549 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>	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>	27 kg	137 cm	14.39	✓				<= 15.00	< 17.80	< 21.00	> 24.20
<b>Previous BMI</b>	25 kg	135 cm	13.72	✓				<= 15.00	< 17.80	< 21.00	> 24.20

You can increase your weight by 6.41 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

#### Dietary

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

#### Activity to be pursued

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

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## Fitness Assessment Report 2019-2020 Term-2

<b>Name</b>	SURABHI PAWAR	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000074		
<b>Gender / DOB</b>	Girl / 13 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>	16.8 cm	5.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 20 cm 0 mm	81.6 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
<b>4x10 meter shuttle run</b>	18.84 sec	21.695 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 4 sec 524ms	5 min 25 sec 296ms	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>	15.440 sec	20.295 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>	15.440 sec	20.295 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	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	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>	12 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>	33 kg	150 cm	14.67		✓			<= 14.40	< 17.40	< 20.80	> 24.00
<b>Previous BMI</b>	30 kg	145 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

- 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>	SWASTIKA	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000143		
<b>Gender / DOB</b>	Girl / 23 Jul 2007		
<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 10 cm 0 mm	81.3 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
<b>4x10 meter shuttle run</b>	18.983 sec	20.775 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 846ms	4 min 13 sec 597ms	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>	16.317 sec	19.761 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	16 times	A	A+	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
<b>Push Up /Modified Push Up</b>	15 times	4 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
<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: 12 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	50 kg	156 cm	20.55			✓		<= 14.80	< 18.00	< 21.80	> 25.00
<b>Previous BMI</b>	47 kg	149 cm	21.17			✓		<= 14.80	< 18.00	< 21.80	> 25.00

**You can reduce your weight by 6.2 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:**

#### Dietary

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

#### Activity to be pursued

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

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## Fitness Assessment Report 2019-2020 Term-2

<b>Name</b>	VISHAL PAWAR	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VII-A		
<b>Registration No</b>	232100122321116000122		
<b>Gender / DOB</b>	Boy / 21 Feb 2007		
<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	6.9 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 80 cm 0 mm	1 mt 32 cm 5 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>	19.885 sec	17.727 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 455ms	6 min 12 sec 794ms	A	A+	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhasrika, bhramari).
<b>50 mt. dash</b>	15.760 sec	21.854 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>	12 times	11 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

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: 12 Year Boy**

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	38 kg	160 cm	14.84	✓				<= 15.00	< 17.80	< 21.00	> 24.20
<b>Previous BMI</b>	35 kg	153 cm	14.95	✓				<= 15.00	< 17.80	< 21.00	> 24.20

You can increase your weight by 7.57 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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