

## Fitness Assessment Report 2019-2020 Term-2

<b>Name</b>	ADITYA GADARIYA	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321116000124		
<b>Gender / DOB</b>	Boy / 06 Jan 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>	13.5 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 5 cm 3 mm	1 mt 70 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>	16.737 sec	21.246 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 37 sec 167ms	6 min 53 sec 716ms	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>	28.474 sec	19.707 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>	28.474 sec	19.707 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>	10 times	12 times	A	A+	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
<b>Push Up /Modified Push Up</b>	6 times	5 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

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>	35 kg	164 cm	13.01	✓				<= 15.40	< 18.40	< 21.80	> 25.20
<b>Previous BMI</b>	30 kg	156 cm	12.33	✓				<= 15.40	< 18.40	< 21.80	> 25.20

**You can increase your weight by 14.49 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:**

#### Dietary

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

#### Activity to be pursued

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

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

## Fitness Assessment Report 2019-2020 Term-2

<b>Name</b>	AKASH TIWARI	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321116000086		
<b>Gender / DOB</b>	Boy / 05 Nov 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>	9.8 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 10 cm 8 mm	1 mt 5 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>	24.178 sec	16.199 sec	A	A+	Sports Fit. Keep it up!
<b>600 meter run/walk</b>	6 min 48 sec 598ms	5 min 58 sec 246ms	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>	31.905 sec	20.178 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
<b>50 mt. dash</b>	31.905 sec	20.178 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
<b>50 mt. dash</b>	31.905 sec	20.178 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
<b>Partial curl up 30 sec</b>	11 times	10 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
<b>Push Up /Modified Push Up</b>	10 times	8 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

### My Body Mass Index(BMI)

**BMI Benchmark: 12 Year Boy**

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	55 kg	158 cm	22.03				✓	<= 15.40	< 18.40	< 21.80	> 25.20
<b>Previous BMI</b>	52 kg	157 cm	21.10			✓		<= 15.40	< 18.40	< 21.80	> 25.20

**You can reduce your weight by 9.07 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>	ANUSHA GOASHI	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321116000150		
<b>Gender / DOB</b>	Girl / 22 Jan 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>	12.3 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>	96.3 cm	97.2 cm	A	A+	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
<b>4x10 meter shuttle run</b>	16.592 sec	16.382 sec	A	A+	Sports Fit. Keep it up!
<b>600 meter run/walk</b>	6 min 47 sec 2ms	6 min 57 sec 441ms	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>	34.477 sec	15.111 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>	34.477 sec	15.111 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>	34.477 sec	15.111 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
<b>Push Up /Modified Push Up</b>	5 times	4 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
<b>Push Up /Modified Push Up</b>	8 times	4 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

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 Girl**

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	45 kg	153 cm	19.22			✓		<= 15.20	< 18.60	< 22.60	> 26.20
<b>Previous BMI</b>	45 kg	151 cm	19.74			✓		<= 15.20	< 18.60	< 22.60	> 26.20

**You can reduce your weight by 1.46 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>	ANUSHKA SHARMA	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321116000061		
<b>Gender / DOB</b>	Girl / 07 Apr 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>	7.0 cm	5.6 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	89.7 cm	92.2 cm	A	A+	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
<b>4x10 meter shuttle run</b>	17.354 sec	16.593 sec	A	A+	Sports Fit. Keep it up!
<b>600 meter run/walk</b>	7 min 5 sec 278ms	6 min 55 sec 821ms	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>	30.714 sec	17.32 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>	30.714 sec	17.32 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
<b>Push Up /Modified Push Up</b>	22 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 Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	40 kg	147 cm	18.51		✓			<= 15.20	< 18.60	< 22.60	> 26.20
<b>Previous BMI</b>	30 kg	145 cm	14.27	✓				<= 15.20	< 18.60	< 22.60	> 26.20

**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>	ARCHITA	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321116000052		
<b>Gender / DOB</b>	Girl / 15 Aug 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>	13.0 cm	5.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	98.2 cm	88.1 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
<b>4x10 meter shuttle run</b>	25.109 sec	21.486 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>	7 min 12 sec 227ms	6 min 56 sec 823ms	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>	35.329 sec	18.805 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>	35.329 sec	18.805 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>	35.329 sec	18.805 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
<b>Push Up /Modified Push Up</b>	23 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: 13 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	39 kg	157 cm	15.82		✓			<= 15.20	< 18.60	< 22.60	> 26.20
<b>Previous BMI</b>	37 kg	156 cm	15.20	✓				<= 15.20	< 18.60	< 22.60	> 26.20

**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>	ARSHI	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321116000034		
<b>Gender / DOB</b>	Girl / 26 Dec 2006		
<b>School Name</b>	KENDRIYA VIDYALAYA JV JAMMAI		

### Medical Profile

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

### Divyang Profile

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

### My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
<b>Sit and reach test</b>	13.1 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>	91.3 cm	94.2 cm	A	A+	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
<b>4x10 meter shuttle run</b>	17.504 sec	20.734 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
<b>600 meter run/walk</b>	6 min 38 sec 4ms	6 min 49 sec 773ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
<b>50 mt. dash</b>	37.968 sec	15.897 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>	37.968 sec	15.897 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>	37.968 sec	15.897 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
<b>Push Up /Modified Push Up</b>	27 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>	42 kg	148 cm	19.17			✓		<= 15.20	< 18.60	< 22.60	> 26.20
<b>Previous BMI</b>	47 kg	147 cm	21.75			✓		<= 15.20	< 18.60	< 22.60	> 26.20

**You can reduce your weight by 1.26 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>	AVIRAJ	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321116000198		
<b>Gender / DOB</b>	Boy / 01 May 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>	13.4 cm	1.0 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 12 cm 6 mm	1 mt 6 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>	15.918 sec	19.633 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 53 sec 443ms	6 min 38 sec 354ms	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>	30.857 sec	15.516 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>	7 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: 13 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	42 kg	158 cm	16.82		✓			<= 15.40	< 18.40	< 21.80	> 25.20
<b>Previous BMI</b>	42 kg	152 cm	18.18		✓			<= 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.

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>	AVNI JAIN	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321116000185		
<b>Gender / DOB</b>	Girl / 16 Oct 2005		
<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	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>	82.3 cm	81.2 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
<b>4x10 meter shuttle run</b>	17.687 sec	20.402 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>	7 min 0 sec 455ms	6 min 47 sec 104ms	A	A+	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
<b>50 mt. dash</b>	34.403 sec	18.571 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
<b>Push Up /Modified Push Up</b>	5 times	4 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

### My Body Mass Index(BMI)

BMI Benchmark: 13 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	62 kg	148 cm	28.31				✓	<= 15.80	< 19.20	< 23.40	> 27.20
<b>Previous BMI</b>	148 kg	60 cm	411.11				✓	<= 15.80	< 19.20	< 23.40	> 27.20

**You can reduce your weight by 19.94 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>	AYUSHMAN	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321116000186		
<b>Gender / DOB</b>	Boy / 06 Nov 2005		
<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>	15.1 cm	5.7 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 15 cm 3 mm	1 mt 72 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>	24.157 sec	20.195 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 31 sec 56ms	7 min 0 sec 315ms	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>	29.276 sec	16.217 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>	29.276 sec	16.217 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>	10 times	7 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

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	164 cm	14.87	✓				<= 16.00	< 19.20	< 22.60	> 26.00
<b>Previous BMI</b>	39 kg	157 cm	15.82	✓				<= 16.00	< 19.20	< 22.60	> 26.00

**You can increase your weight by 11.64 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>	DEVESH SAHU	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321116000040		
<b>Gender / DOB</b>	Boy / 26 Apr 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>	14.6 cm	1.0 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 19 cm 3 mm	1 mt 5 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>	19.747 sec	15.362 sec	A	A+	Sports Fit. Keep it up!
<b>600 meter run/walk</b>	6 min 54 sec 177ms	6 min 30 sec 884ms	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>	33.714 sec	20.806 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>	10 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>	9 times	7 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

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>	38 kg	155 cm	15.82		✓			<= 15.40	< 18.40	< 21.80	> 25.20
<b>Previous BMI</b>	38 kg	150 cm	16.89		✓			<= 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>	DIPESH	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321116000032		
<b>Gender / DOB</b>	Boy / 03 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>	13.0 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 2 cm 9 mm	1 mt 36 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>	19.987 sec	18.263 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 33 sec 844ms	6 min 37 sec 34ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
<b>50 mt. dash</b>	36.571 sec	14.358 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	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	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: 13 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	39 kg	165 cm	14.33	✓				<= 15.40	< 18.40	< 21.80	> 25.20
<b>Previous BMI</b>	39 kg	159 cm	15.43		✓			<= 15.40	< 18.40	< 21.80	> 25.20

You can increase your weight by 11.09 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>	HUNAIN QURESHI	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321116000184		
<b>Gender / DOB</b>	Boy / 16 Jan 2007		
<b>School Name</b>	KENDRIYA VIDYALAYA JV JAMMAI		

### Medical Profile

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

### Divyang Profile

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

### My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
<b>Sit and reach test</b>	15.0 cm	2.8 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 6 cm 4 mm	1 mt 45 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>	23.410 sec	14.548 sec	A	A+	Sports Fit. Keep it up!
<b>600 meter run/walk</b>	6 min 58 sec 388ms	6 min 29 sec 765ms	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>	32.957 sec	18.501 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>	32.957 sec	18.501 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>	32.957 sec	18.501 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	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	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>	46 kg	153 cm	19.65			✓		<= 15.00	< 17.80	< 21.00	> 24.20
<b>Previous BMI</b>	42 kg	147 cm	19.44			✓		<= 15.00	< 17.80	< 21.00	> 24.20

You can reduce your weight by 4.33 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** JAYSHREE **Period:** Oct 2019 to May 2020  
**Class** VIII-A  
**Registration No** 232100122321116000039  
**Gender / DOB** Girl / 24 Mar 2006  
**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>	6.7 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>	95.1 cm	92.3 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>	18.145 sec	15.12 sec	A	A+	Sports Fit. Keep it up!
<b>600 meter run/walk</b>	6 min 46 sec 874ms	6 min 31 sec 789ms	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>	32.584 sec	18.937 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>	32.584 sec	18.937 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
<b>Push Up /Modified Push Up</b>	20 times	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 Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	50 kg	147 cm	23.14				✓	<= 15.20	< 18.60	< 22.60	> 26.20
<b>Previous BMI</b>	49 kg	150 cm	21.78			✓		<= 15.20	< 18.60	< 22.60	> 26.20

**You can reduce your weight by 9.81 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>	JEET PAHADE	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321116000059		
<b>Gender / DOB</b>	Boy / 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>	14.8 cm	6.8 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 34 cm 8 mm	1 mt 72 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>	19.485 sec	15.830 sec	A	A+	Sports Fit. Keep it up!
<b>600 meter run/walk</b>	5 min 53 sec 873ms	6 min 39 sec 621ms	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>	27.249 sec	18.455 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>	15 times	8 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

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>	42 kg	165 cm	15.43		✓			<= 15.00	< 17.80	< 21.00	> 24.20
<b>Previous BMI</b>	39 kg	164 cm	14.50	✓				<= 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>	JUNERA KHAN	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321116000102		
<b>Gender / DOB</b>	Girl / 25 Apr 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>	15.1 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 10 cm 6 mm	97.2 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
<b>4x10 meter shuttle run</b>	18.747 sec	18.713 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 53 sec 284ms	6 min 25 sec 323ms	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>	32.133 sec	20.423 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>	32.133 sec	20.423 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
<b>Push Up /Modified Push Up</b>	11 times	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: 13 Year Girl**

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	48 kg	155 cm	19.98			✓		<= 15.20	< 18.60	< 22.60	> 26.20
<b>Previous BMI</b>	50 kg	151 cm	21.93			✓		<= 15.20	< 18.60	< 22.60	> 26.20

**You can reduce your weight by 3.31 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>	KESHAV GUPTA	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321116000037		
<b>Gender / DOB</b>	Boy / 06 Jul 2005		
<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>	15.6 cm	7.4 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 30 cm 7 mm	1 mt 65 cm 7 mm	A	A+	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
<b>4x10 meter shuttle run</b>	15.851 sec	21.973 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 53 sec 158ms	6 min 45 sec 246ms	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>	28.85 sec	17.303 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	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	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: 14 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	82 kg	168 cm	29.05				✓	<= 16.00	< 19.20	< 22.60	> 26.00
<b>Previous BMI</b>	85 kg	164 cm	31.60				✓	<= 16.00	< 19.20	< 22.60	> 26.00

You can reduce your weight by 27.81 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>	KESHAV PRASAD	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321116000036		
<b>Gender / DOB</b>	Boy / 13 Oct 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>	9.0 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>	97.6 cm	1 mt 20 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>	20.465 sec	22.183 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
<b>600 meter run/walk</b>	6 min 52 sec 403ms	6 min 54 sec 284ms	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>	32.710 sec	15.725 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>	32.710 sec	15.725 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>	32.710 sec	15.725 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>	12 times	12 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
<b>Push Up /Modified Push Up</b>	7 times	6 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

### My Body Mass Index(BMI)

BMI Benchmark: 12 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	30 kg	147 cm	13.88	✓				<= 15.40	< 18.40	< 21.80	> 25.20
<b>Previous BMI</b>	30 kg	144 cm	14.47	✓				<= 15.40	< 18.40	< 21.80	> 25.20

**You can increase your weight by 9.76 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>	KHUSHI YADAV	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321116000033		
<b>Gender / DOB</b>	Girl / 16 Mar 2007		
<b>School Name</b>	KENDRIYA VIDYALAYA JV JAMMAI		

### Medical Profile

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

### Divyang Profile

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

### My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
<b>Sit and reach test</b>	15.1 cm	6.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	81.6 cm	92.4 cm	A	A+	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
<b>4x10 meter shuttle run</b>	16.403 sec	16.592 sec	A	A-	Sports Fit. Keep it up!
<b>600 meter run/walk</b>	6 min 59 sec 815ms	6 min 27 sec 913ms	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>	35.997 sec	19.755 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>	35.997 sec	19.755 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>	35.997 sec	19.755 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
<b>Push Up /Modified Push Up</b>	6 times	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>	29 kg	144 cm	13.99	✓				<= 14.80	< 18.00	< 21.80	> 25.00
<b>Previous BMI</b>	27 kg	144 cm	13.02	✓				<= 14.80	< 18.00	< 21.80	> 25.00

You can increase your weight by 8.32 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>	KRITESH WADIWA	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321116000188		
<b>Gender / DOB</b>	Boy / 15 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>	11.0 cm	8.3 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 37 cm 2 mm	1 mt 57 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>	20.453 sec	14.939 sec	A	A+	Sports Fit. Keep it up!
<b>600 meter run/walk</b>	6 min 41 sec 582ms	6 min 36 sec 563ms	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>	31.743 sec	19.22 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>	9 times	8 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

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>	45 kg	161 cm	17.36		✓			<= 15.40	< 18.40	< 21.80	> 25.20
<b>Previous BMI</b>	42 kg	150 cm	18.67			✓		<= 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>	KRITIKA WADIWA	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321116000189		
<b>Gender / DOB</b>	Girl / 15 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>	13.0 cm	9.8 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 1 cm 7 mm	95.5 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
<b>4x10 meter shuttle run</b>	19.900 sec	14.186 sec	A	A+	Sports Fit. Keep it up!
<b>600 meter run/walk</b>	6 min 38 sec 316ms	6 min 26 sec 308ms	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>	31.281 sec	17.968 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>	31.281 sec	17.968 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
<b>Push Up /Modified Push Up</b>	10 times	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 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		✓			<= 15.20	< 18.60	< 22.60	> 26.20
<b>Previous BMI</b>	40 kg	152 cm	17.31		✓			<= 15.20	< 18.60	< 22.60	> 26.20

**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>	MANDEEP	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321116000127		
<b>Gender / DOB</b>	Boy / 28 Jul 2005		
<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>	13.7 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 1 cm 7 mm	1 mt 45 cm 1 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>	17.871 sec	24.862 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 752ms	6 min 29 sec 851ms	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>	35.798 sec	19.186 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>	35.798 sec	19.186 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>	35.798 sec	19.186 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>	5 times	7 times	A	A+	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

### My Body Mass Index(BMI)

BMI Benchmark: 14 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	45 kg	155 cm	18.73		✓			<= 16.00	< 19.20	< 22.60	> 26.00
<b>Previous BMI</b>	42 kg	151 cm	18.42		✓			<= 16.00	< 19.20	< 22.60	> 26.00

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

#### Dietary

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

#### Activity to be pursued

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

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## Fitness Assessment Report 2019-2020 Term-2

**Name** MAYANK SINGH THAKUR **Period:** Oct 2019 to May 2020  
**Class** VIII-A  
**Registration No** 232100122321119000349  
**Gender / DOB** Boy / 11 Jul 2006  
**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
600 meter run/walk	8 min 37 sec 490ms	6 min 57 sec 174ms	A	A+	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	38.937 sec	20.670 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.

Grades indicate your own performance compared to last term :

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

### My Body Mass Index(BMI)

#### BMI Benchmark: 13 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	46 kg	155 cm	19.15			✓		<= 15.40	< 18.40	< 21.80	> 25.20
Previous BMI	47 kg	150 cm	20.89			✓		<= 15.40	< 18.40	< 21.80	> 25.20

You can reduce your weight by 1.79 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>	NAITIK	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321116000199		
<b>Gender / DOB</b>	Boy / 03 Oct 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>	14.0 cm	4.1 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 15 cm 3 mm	1 mt 45 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>	23.622 sec	19.882 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 34 sec 199ms	6 min 54 sec 819ms	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>	28.114 sec	16.643 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>	28.114 sec	16.643 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>	28.114 sec	16.643 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>	10 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	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	159 cm	13.84	✓				<= 15.40	< 18.40	< 21.80	> 25.20
<b>Previous BMI</b>	30 kg	153 cm	12.82	✓				<= 15.40	< 18.40	< 21.80	> 25.20

**You can increase your weight by 11.52 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:**

#### Dietary

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

#### Activity to be pursued

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

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

## Fitness Assessment Report 2019-2020 Term-2

<b>Name</b>	NITESH YADUWANSHI	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321116000197		
<b>Gender / DOB</b>	Boy / 18 Oct 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>	15.4 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 45 cm 1 mm	1 mt 92 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>	21.55 sec	19.264 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 22 sec 168ms	6 min 40 sec 719ms	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>	30.278 sec	18.80 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>	30.278 sec	18.80 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	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>	15 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>	45 kg	168 cm	15.94		✓			<= 15.40	< 18.40	< 21.80	> 25.20
<b>Previous BMI</b>	48 kg	160 cm	18.75			✓		<= 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

**Name** PRATHVIRAJ YADUVANSHI **Period:** Oct 2019 to May 2020  
**Class** VIII-A  
**Registration No** 232100122321116000114  
**Gender / DOB** Boy / 22 Dec 2005  
**School Name** KENDRIYA VIDYALAYA JV JAMMAI

### Medical Profile

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

### Divyang Profile

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

### My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	13.6 cm	4.7 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 45 cm 5 mm	1 mt 72 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.
4x10 meter shuttle run	16.586 sec	15.960 sec	A	A+	Sports Fit. Keep it up!
600 meter run/walk	5 min 43 sec 549ms	6 min 26 sec 3ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	33.385 sec	20.68 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
50 mt. dash	33.385 sec	20.68 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	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.
Push Up /Modified Push Up	10 times	9 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	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: 13 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	44 kg	167 cm	15.78	✓				<= 16.00	< 19.20	< 22.60	> 26.00
Previous BMI	39 kg	160 cm	15.23	✓				<= 16.00	< 19.20	< 22.60	> 26.00

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>	PREM CHOUKSEY	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321119000379		
<b>Gender / DOB</b>	Boy / 04 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>	15.0 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 22 cm 4 mm	1 mt 34 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>	22.558 sec	17.495 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 56 sec 449ms	6 min 37 sec 984ms	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>	32.378 sec	15.26 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
<b>Partial curl up 30 sec</b>	12 times	12 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
<b>Push Up /Modified Push Up</b>	9 times	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: 13 Year Boy**

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	40 kg	157 cm	16.23		✓			<= 15.40	< 18.40	< 21.80	> 25.20
<b>Previous BMI</b>	35 kg	150 cm	15.56		✓			<= 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>	RUDRA JAIN	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321116000068		
<b>Gender / DOB</b>	Boy / 15 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>	14.0 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>	97.6 cm	1 mt 40 cm 7 mm	A	A+	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
<b>4x10 meter shuttle run</b>	21.684 sec	19.833 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 42 sec 12ms	5 min 57 sec 455ms	A	A+	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
<b>50 mt. dash</b>	34.822 sec	18.253 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>	34.822 sec	18.253 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	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>	8 times	6 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

### My Body Mass Index(BMI)

BMI Benchmark: 12 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	44 kg	154 cm	18.55			✓		<= 15.40	< 18.40	< 21.80	> 25.20
<b>Previous BMI</b>	44 kg	149 cm	19.82			✓		<= 15.40	< 18.40	< 21.80	> 25.20

**You can reduce your weight by 0.36 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>	RUDRA KUMAR	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321116000191		
<b>Gender / DOB</b>	Boy / 06 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>	12.2 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>	99.7 cm	1 mt 6 cm 8 mm	A	A+	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
<b>4x10 meter shuttle run</b>	16.586 sec	15.584 sec	A	A+	Sports Fit. Keep it up!
<b>600 meter run/walk</b>	7 min 2 sec 797ms	6 min 58 sec 794ms	A	A+	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
<b>50 mt. dash</b>	33.602 sec	17.936 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>	33.602 sec	17.936 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
<b>Partial curl up 30 sec</b>	13 times	12 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
<b>Push Up /Modified Push Up</b>	10 times	7 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

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>	38 kg	138 cm	19.95			✓		<= 15.40	< 18.40	< 21.80	> 25.20
<b>Previous BMI</b>	44 kg	149 cm	19.82			✓		<= 15.40	< 18.40	< 21.80	> 25.20

You can reduce your weight by 2.96 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>	SHIVAM NAGWANSHI	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321116000203		
<b>Gender / DOB</b>	Boy / 08 Aug 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>	12.7 cm	8.3 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>	97.6 cm	1 mt 37 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>	16.202 sec	14.795 sec	A	A+	Sports Fit. Keep it up!
<b>600 meter run/walk</b>	6 min 59 sec 841ms	6 min 12 sec 338ms	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>	30.490 sec	16.847 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>	30.490 sec	16.847 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>	30.490 sec	16.847 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>	10 times	14 times	A	A+	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
<b>Push Up /Modified Push Up</b>	13 times	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>	32 kg	148 cm	14.61	✓				<= 15.40	< 18.40	< 21.80	> 25.20
<b>Previous BMI</b>	30 kg	145 cm	14.27	✓				<= 15.40	< 18.40	< 21.80	> 25.20

**You can increase your weight by 8.3 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:**

#### Dietary

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

#### Activity to be pursued

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

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## Fitness Assessment Report 2019-2020 Term-2

<b>Name</b>	SHRADDHA AMRAWANSHI	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321116000187		
<b>Gender / DOB</b>	Girl / 26 Aug 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>	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 5 cm 2 mm	94.2 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
<b>4x10 meter shuttle run</b>	21.286 sec	16.31 sec	A	A+	Sports Fit. Keep it up!
<b>600 meter run/walk</b>	6 min 55 sec 889ms	6 min 7 sec 577ms	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>	34.648 sec	21.192 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>	34.648 sec	21.192 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>	34.648 sec	21.192 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
<b>Push Up /Modified Push Up</b>	9 times	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 Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	60 kg	163 cm	22.58			✓		<= 15.20	< 18.60	< 22.60	> 26.20
<b>Previous BMI</b>	62 kg	149 cm	27.93				✓	<= 15.20	< 18.60	< 22.60	> 26.20

**You can reduce your weight by 10.58 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:**

#### Dietary

- a. Calorie - Need to be 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>	SHRASTI SONI	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321116000075		
<b>Gender / DOB</b>	Girl / 13 Nov 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>	10.2 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>	92.1 cm	82.1 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
<b>4x10 meter shuttle run</b>	23.359 sec	15.546 sec	A	A+	Sports Fit. Keep it up!
<b>600 meter run/walk</b>	6 min 55 sec 945ms	6 min 47 sec 835ms	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>	27.222 sec	16.29 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>	27.222 sec	16.29 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
<b>Push Up /Modified Push Up</b>	23 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>	35 kg	147 cm	16.20		✓			<= 15.20	< 18.60	< 22.60	> 26.20
<b>Previous BMI</b>	34 kg	145 cm	16.17		✓			<= 15.20	< 18.60	< 22.60	> 26.20

**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>	SHREYA PANDEY	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321116000009		
<b>Gender / DOB</b>	Girl / 04 Jun 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>	17.9 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>	98.6 cm	95.3 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
<b>4x10 meter shuttle run</b>	22.506 sec	22.689 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 49 sec 947ms	6 min 30 sec 630ms	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>	31.716 sec	19.391 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>	31.716 sec	19.391 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
<b>Push Up /Modified Push Up</b>	9 times	4 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

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 Girl**

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	54 kg	150 cm	24.00				✓	<= 15.20	< 18.60	< 22.60	> 26.20
<b>Previous BMI</b>	33 kg	147 cm	15.27		✓			<= 15.20	< 18.60	< 22.60	> 26.20

**You can reduce your weight by 12.15 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:**

#### Dietary

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

#### Activity to be pursued

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

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## Fitness Assessment Report 2019-2020 Term-2

<b>Name</b>	SHUDHANSHU PAWAR	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321119000346		
<b>Gender / DOB</b>	Boy / 15 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>	12.2 cm	2.1 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>	99.1 cm	1 mt 65 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>	17.20 sec	18.330 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>	7 min 1 sec 978ms	6 min 33 sec 707ms	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>	26.364 sec	19.971 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>	10 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	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>	45 kg	156 cm	18.49			✓		<= 15.40	< 18.40	< 21.80	> 25.20
<b>Previous BMI</b>	44 kg	153 cm	18.80			✓		<= 15.40	< 18.40	< 21.80	> 25.20

**You can reduce your weight by 0.22 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>	SOUMYA CHATURVEDI	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321116000125		
<b>Gender / DOB</b>	Girl / 19 Sep 2006		
<b>School Name</b>	KENDRIYA VIDYALAYA JV JAMMAI		

### Medical Profile

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

### Divyang Profile

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

### My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
<b>Sit and reach test</b>	9.2 cm	6.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	87.6 cm	79.2 cm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
<b>4x10 meter shuttle run</b>	24.77 sec	23.442 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>	7 min 18 sec 57ms	6 min 42 sec 661ms	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>	36.982 sec	16.933 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>	36.982 sec	16.933 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>	36.982 sec	16.933 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
<b>Push Up /Modified Push Up</b>	6 times	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: 13 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	66 kg	162 cm	25.15				✓	<= 15.20	< 18.60	< 22.60	> 26.20
<b>Previous BMI</b>	165 kg	162 cm	62.87				✓	<= 15.20	< 18.60	< 22.60	> 26.20

**You can reduce your weight by 17.19 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>	TEJASH BARAIYA	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321116000141		
<b>Gender / DOB</b>	Boy / 12 Oct 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>	13.4 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 18 cm 2 mm	1 mt 22 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>	21.858 sec	25.698 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
<b>600 meter run/walk</b>	6 min 38 sec 421ms	6 min 25 sec 852ms	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>	36.142 sec	17.468 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>	36.142 sec	17.468 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>	10 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	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>	30 kg	147 cm	13.88	✓				<= 15.40	< 18.40	< 21.80	> 25.20
<b>Previous BMI</b>	29 kg	145 cm	13.79	✓				<= 15.40	< 18.40	< 21.80	> 25.20

**You can increase your weight by 9.76 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>	VAIBHAV PAWAR	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321117000248		
<b>Gender / DOB</b>	Boy / 17 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>	12.9 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 22 cm 6 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>	22.453 sec	17.171 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 45 sec 621ms	6 min 51 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>	33.292 sec	21.347 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>	33.292 sec	21.347 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>	33.292 sec	21.347 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	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	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: 13 Year Boy**

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	45 kg	161 cm	17.36		✓			<= 15.40	< 18.40	< 21.80	> 25.20
<b>Previous BMI</b>	34 kg	154 cm	14.34	✓				<= 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>	VIKAS	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321116000103		
<b>Gender / DOB</b>	Boy / 20 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>	13.1 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 2 cm 6 mm	1 mt 18 cm 1 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>	17.203 sec	20.738 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 49 sec 480ms	6 min 18 sec 67ms	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>	37.729 sec	20.713 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
<b>Partial curl up 30 sec</b>	9 times	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>	8 times	6 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

### My Body Mass Index(BMI)

**BMI Benchmark: 12 Year Boy**

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	31 kg	150 cm	13.78	✓				<= 15.00	< 17.80	< 21.00	> 24.20
<b>Previous BMI</b>	32 kg	143 cm	15.65		✓			<= 15.00	< 17.80	< 21.00	> 24.20

You can increase your weight by 9.05 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>	VIVEK KUMAR	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321116000067		
<b>Gender / DOB</b>	Boy / 26 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>	13.4 cm	2.8 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 2 cm 5 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>	17.773 sec	25.480 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>	7 min 1 sec 127ms	6 min 53 sec 98ms	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>	33.29 sec	20.160 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	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.
<b>Push Up /Modified Push Up</b>	8 times	9 times	A	A+	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

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>	60 kg	160 cm	23.44				✓	<= 15.00	< 17.80	< 21.00	> 24.20
<b>Previous BMI</b>	58 kg	156 cm	23.83				✓	<= 15.00	< 17.80	< 21.00	> 24.20

**You can reduce your weight by 14.43 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>	VYOMDEEP	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	VIII-A		
<b>Registration No</b>	232100122321116000078		
<b>Gender / DOB</b>	Boy / 06 Aug 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>	14.1 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 2 cm 3 mm	1 mt 35 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>	23.105 sec	20.201 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 58 sec 918ms	6 min 52 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>	37.94 sec	20.762 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>	37.94 sec	20.762 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	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	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>	38 kg	151 cm	16.67		✓			<= 15.40	< 18.40	< 21.80	> 25.20
<b>Previous BMI</b>	34 kg	147 cm	15.73		✓			<= 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.

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>.