

Fitness Assessment Report 2019-2020 Term-2

| | | | |
|------------------------|---------------------------------|----------------|----------------------|
| Name | M HEMANTH | Period: | Oct 2019 to May 2020 |
| Class | IV-A | | |
| Registration No | 179400161794116011475 | | |
| Gender / DOB | Boy / 25 Mar 2010 | | |
| School Name | KENDRIYA VIDYALAYA NO 1 MADURAI | | |

Medical Profile

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

Divyang Profile

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

My Fitness Score

| Tests | Previous Score | Current Score | Previous | Current | Feedback |
|----------------------------------|----------------|------------------|----------|---------|---|
| Sit and reach test | | 14.0 cm | A | A | You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis. |
| Standing broad jump | | 1 mt 2 cm 0 mm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | | 11.814 sec | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | | 3 min 3 sec 97ms | A | A | Sports Fit. Keep it up! |
| 50 mt. dash | 10.631 sec | 14.978 sec | A | A- | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | | 15 times | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | | 12 times | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|--------------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 32 kg | 136 cm | 17.30 | | | ✓ | | <= 14.00 | < 16.20 | < 18.60 | > 21.00 |

You can reduce your weight by 2.04 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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

Fitness Assessment Report 2019-2020 Term-2

| | | | |
|------------------------|---------------------------------|----------------|----------------------|
| Name | A ANISKA SRI | Period: | Oct 2019 to May 2020 |
| Class | IV-A | | |
| Registration No | 179400161794119012799 | | |
| Gender / DOB | Girl / 03 Apr 2010 | | |
| School Name | KENDRIYA VIDYALAYA NO 1 MADURAI | | |

Medical Profile

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

Divyang Profile

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

My Fitness Score

| Tests | Previous Score | Current Score | Previous | Current | Feedback |
|---------------------------|----------------|-------------------|----------|---------|---|
| Sit and reach test | | 14.0 cm | 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 | | 88.0 cm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | | 12.279 sec | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | | 3 min 5 sec 466ms | A | A | Sports Fit. Keep it up! |
| 50 mt. dash | 11.165 sec | 17.161 sec | A | A- | You can further improve your reaction speed ,acceleration 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 | | 14 times | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | | 19 times | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Girl

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 29 kg | 131 cm | 16.90 | | | ✓ | | <= 13.80 | < 16.20 | < 19.00 | > 21.60 |

You can reduce your weight by 1.2 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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

Fitness Assessment Report 2019-2020 Term-2

| | | | |
|------------------------|---------------------------------|----------------|----------------------|
| Name | A JASON JEFFREY | Period: | Oct 2019 to May 2020 |
| Class | IV-A | | |
| Registration No | 179400161794117012020 | | |
| Gender / DOB | Boy / 22 Apr 2010 | | |
| School Name | KENDRIYA VIDYALAYA NO 1 MADURAI | | |

Medical Profile

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

Divyang Profile

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

My Fitness Score

| Tests | Previous Score | Current Score | Previous | Current | Feedback |
|---------------------------|----------------|-------------------|----------|---------|---|
| Sit and reach test | | 15.0 cm | A | A | You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis. |
| Standing broad jump | | 1 mt 10 cm 0 mm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | | 12.847 sec | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | | 3 min 9 sec 300ms | A | A | Sports Fit. Keep it up! |
| 50 mt. dash | 11.515 sec | 17.327 sec | A | A- | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | | 16 times | A | A | You can 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 | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 36 kg | 132 cm | 20.66 | | | | ✓ | <= 14.00 | < 16.20 | < 18.60 | > 21.00 |

You can reduce your weight by 7.77 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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

Fitness Assessment Report 2019-2020 Term-2

Name A KEVIN CHRISTOPHER **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011742
Gender / DOB Boy / 01 Dec 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

Medical Profile

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

Divyang Profile

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

My Fitness Score

| Tests | Previous Score | Current Score | Previous | Current | Feedback |
|---------------------------|----------------|------------------|----------|---------|---|
| Sit and reach test | | 17.0 cm | A | A | You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis. |
| Standing broad jump | | 1 mt 20 cm 0 mm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | | 13.279 sec | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | | 3 min 11 sec 1ms | A | A | Sports Fit. Keep it up! |
| 50 mt. dash | 11.682 sec | 17.478 sec | A | A- | You can further improve your reaction speed ,acceleration 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 | | 17 times | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | | 15 times | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Boy

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 38 kg | 139 cm | 19.67 | | | | ✓ | <= 14.00 | < 16.20 | < 18.60 | > 21.00 |

You can reduce your weight by 6.7 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

| | | | |
|------------------------|---------------------------------|----------------|----------------------|
| Name | A LOGESH | Period: | Oct 2019 to May 2020 |
| Class | IV-A | | |
| Registration No | 179400161794116011514 | | |
| Gender / DOB | Boy / 10 Jun 2010 | | |
| School Name | KENDRIYA VIDYALAYA NO 1 MADURAI | | |

Medical Profile

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

Divyang Profile

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

My Fitness Score

| Tests | Previous Score | Current Score | Previous | Current | Feedback |
|----------------------------------|----------------|--------------------|----------|---------|---|
| Sit and reach test | | 17.0 cm | A | A | You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis. |
| Standing broad jump | | 1 mt 0 cm 0 mm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | | 13.647 sec | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | | 3 min 13 sec 117ms | A | A | Sports Fit. Keep it up! |
| 50 mt. dash | | 18.95 sec | A | A | You can further improve your reaction speed ,acceleration 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 | | 14 times | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | | 11 times | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|--------------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 30 kg | 131 cm | 17.48 | | | ✓ | | <= 14.00 | < 16.20 | < 18.60 | > 21.00 |

You can reduce your weight by 2.2 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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

Fitness Assessment Report 2019-2020 Term-2

Name A NAYONIKA **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011513
Gender / DOB Girl / 21 Feb 2011
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | | 23.0 cm | A | A | Very Good. You can improve! |
| Standing broad jump | | 1 mt 2 cm 0 mm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | | 14.179 sec | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | | 3 min 18 sec 486ms | A | A | Sports Fit. Keep it up! |
| 50 mt. dash | | 17.932 sec | A | A | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | | 11 times | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | | 19 times | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Girl

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 29 kg | 124 cm | 18.86 | | | | ✓ | <= 13.60 | < 15.80 | < 18.20 | > 20.60 |

You can reduce your weight by 4.71 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

| | | | |
|------------------------|---------------------------------|----------------|----------------------|
| Name | A SNEHAPRIYAN | Period: | Oct 2019 to May 2020 |
| Class | IV-A | | |
| Registration No | 179400161794116011558 | | |
| Gender / DOB | Boy / 05 Feb 2011 | | |
| School Name | KENDRIYA VIDYALAYA NO 1 MADURAI | | |

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 | | 19.0 cm | A | A | You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis. |
| Standing broad jump | | 95.0 cm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | | 14.379 sec | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | | 3 min 25 sec 155ms | A | A | You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari). |
| 50 mt. dash | | 17.781 sec | A | A | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | | 12 times | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | | 12 times | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Boy

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|--------------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 38 kg | 132 cm | 21.81 | | | | ✓ | <= 13.80 | < 15.80 | < 18.00 | > 20.00 |

You can reduce your weight by 10.47 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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

Fitness Assessment Report 2019-2020 Term-2

Name A SOWMYA **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011630
Gender / DOB Girl / 09 Jan 2011
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | | 23.0 cm | A | A | Very Good. You can improve! |
| Standing broad jump | | 96.0 cm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | | 14.548 sec | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | | 3 min 31 sec 339ms | A | A | Sports Fit. Keep it up! |
| 50 mt. dash | | 17.629 sec | A | A | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | | 12 times | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | | 17 times | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Girl

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 34 kg | 131 cm | 19.81 | | | | ✓ | <= 13.60 | < 15.80 | < 18.20 | > 20.60 |

You can reduce your weight by 6.89 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

Name AMAN MEENA **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011517
Gender / DOB Boy / 28 Jan 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | 25.0 cm | A | A | A | Athletic. There is scope for improvement. |
| Standing broad jump | 1 mt 20 cm 0 mm | A | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 9.882 sec | A | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | 3 min 3 sec 371ms | A | A | A | Sports Fit. Keep it up! |
| 50 mt. dash | 16.699 sec | A | A | A | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | 15 times | A | A | A | You can 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 | A | A | A | Athletic. There is scope for improvement. |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 30 kg | 129 cm | 18.03 | | | ✓ | | <= 14.00 | < 16.20 | < 18.60 | > 21.00 |

You can reduce your weight by 3.04 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

Name ANUSHKA SENTHIL **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794118012478
Gender / DOB Girl / 10 Apr 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | | 25.0 cm | A | A | Athletic. There is scope for improvement. |
| Standing broad jump | | 1 mt 8 cm 0 mm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 11.392 sec | 10.549 sec | A | A+ | Sports Fit. Keep it up! |
| 600 meter run/walk | | 3 min 5 sec 73ms | A | A | Sports Fit. Keep it up! |
| 50 mt. dash | | 17.96 sec | A | A | You can further improve your reaction speed ,acceleration 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 | A | A | You can 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 | | 21 times | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Girl

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 36 kg | 141 cm | 18.11 | | | ✓ | | <= 13.80 | < 16.20 | < 19.00 | > 21.60 |

You can reduce your weight by 3.79 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

Name B ANUSHKA **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011762
Gender / DOB Girl / 20 Sep 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | | 24.0 cm | A | A | Very Good. You can improve! |
| Standing broad jump | | 95.0 cm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 12.42 sec | 11.216 sec | A | A+ | Sports Fit. Keep it up! |
| 600 meter run/walk | | 3 min 6 sec 822ms | A | A | Sports Fit. Keep it up! |
| 50 mt. dash | | 17.297 sec | A | A | You can further improve your reaction speed ,acceleration 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 | | 14 times | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | | 20 times | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Girl

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 33 kg | 133 cm | 18.66 | | | ✓ | | <= 13.80 | < 16.20 | < 19.00 | > 21.60 |

You can reduce your weight by 4.34 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

Name B BALAVIGNESH **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 17940016179411601416
Gender / DOB Boy / 02 Sep 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | | 34.0 cm | A | A | Sports Fit. Keep it up! |
| Standing broad jump | | 1 mt 5 cm 0 mm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katchakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | | 11.934 sec | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | | 3 min 8 sec 441ms | A | A | Sports Fit. Keep it up! |
| 50 mt. dash | | 16.248 sec | A | A | You can further improve your reaction speed ,acceleration 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 | | 14 times | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | | 12 times | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 34 kg | 134 cm | 18.94 | | | | ✓ | <= 14.00 | < 16.20 | < 18.60 | > 21.00 |

You can reduce your weight by 4.91 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

Name D AGHILESHVAR **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794117012145
Gender / DOB Boy / 27 Sep 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | | 27.0 cm | A | A | Sports Fit. Keep it up! |
| Standing broad jump | | 1 mt 6 cm 0 mm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | | 12.549 sec | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | | 3 min 11 sec 191ms | A | A | Sports Fit. Keep it up! |
| 50 mt. dash | | 15.799 sec | A | A | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | | 11 times | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | | 15 times | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 40 kg | 136 cm | 21.63 | | | | ✓ | <= 14.00 | < 16.20 | < 18.60 | > 21.00 |

You can reduce your weight by 10.04 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

Name D NIKILESH MUTHU **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011557
Gender / DOB Boy / 18 Aug 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | 29.0 cm | A | A | A | Sports Fit. Keep it up! |
| Standing broad jump | 1 mt 2 cm 0 mm | A | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 12.966 sec | A | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | 3 min 16 sec 41ms | A | A | A | Very Good. You can improve! |
| 50 mt. dash | 18.316 sec | A | A | A | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | 16 times | A | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | 14 times | A | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 37 kg | 137 cm | 19.71 | | | | ✓ | <= 14.00 | < 16.20 | < 18.60 | > 21.00 |

You can reduce your weight by 6.59 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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

Fitness Assessment Report 2019-2020 Term-2

Name D PUSHPARAJ **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011405
Gender / DOB Boy / 01 Dec 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | | 30.0 cm | A | A | Sports Fit. Keep it up! |
| Standing broad jump | | 1 mt 6 cm 0 mm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 11.346 sec | 13.236 sec | A | A- | Sports Fit. Keep it up! |
| 600 meter run/walk | | 3 min 30 sec 230ms | 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 bhathi, bhastrika, bhrumari). |
| 50 mt. dash | 11.426 sec | 14.749 sec | A | A- | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | | 14 times | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | | 13 times | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Boy

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 39 kg | 136 cm | 21.09 | | | | ✓ | <= 14.00 | < 16.20 | < 18.60 | > 21.00 |

You can reduce your weight by 9.04 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

Name E DHIYANESH **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011553
Gender / DOB Boy / 10 Aug 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | | 23.0 cm | A | A | Athletic. There is scope for improvement. |
| Standing broad jump | | 95.0 cm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 11.530 sec | 13.399 sec | A | A- | Sports Fit. Keep it up! |
| 600 meter run/walk | | 3 min 30 sec 429ms | A | A | You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bharti, bhasrika, bhramari). |
| 50 mt. dash | 11.777 sec | 15.198 sec | A | A- | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | | 10 times | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | | 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: 9 Year Boy

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 24 kg | 122 cm | 16.12 | | ✓ | | | <= 14.00 | < 16.20 | < 18.60 | > 21.00 |

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

Dietary

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

Activity to be pursued

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

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

Fitness Assessment Report 2019-2020 Term-2

Name E INDUJA **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011566
Gender / DOB Girl / 09 Nov 2009
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | 27.0 cm | A | A | A | Athletic. There is scope for improvement. |
| Standing broad jump | 1 mt 0 cm 0 mm | A | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 9.695 sec | A | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | 4 min 1 sec 484ms | A | 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 bhathi, bhastrika, bhrumari). |
| 50 mt. dash | 17.564 sec | A | A | A | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | 15 times | A | A | A | You can 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 | 24 times | A | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Girl

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 30 kg | 131 cm | 17.48 | | | ✓ | | <= 14.00 | < 16.80 | < 19.80 | > 23.00 |

You can reduce your weight by 1.17 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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

Fitness Assessment Report 2019-2020 Term-2

| | | | |
|------------------------|---------------------------------|----------------|----------------------|
| Name | H SANA | Period: | Oct 2019 to May 2020 |
| Class | IV-A | | |
| Registration No | 179400161794116011610 | | |
| Gender / DOB | Girl / 07 Dec 2010 | | |
| School Name | KENDRIYA VIDYALAYA NO 1 MADURAI | | |

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 | | 22.0 cm | A | A | You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis. |
| Standing broad jump | | 1 mt 10 cm 0 mm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | | 10.462 sec | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | | 4 min 3 sec 701ms | 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 | 12.495 sec | 17.763 sec | A | A- | You can further improve your reaction speed ,acceleration 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 | | 17 times | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | | 23 times | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Girl

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|--------------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 31 kg | 129 cm | 18.63 | | | ✓ | | <= 13.80 | < 16.20 | < 19.00 | > 21.60 |

You can reduce your weight by 4.04 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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

Fitness Assessment Report 2019-2020 Term-2

Name K MITHUN **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116000754
Gender / DOB Boy / 21 May 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | | 33.0 cm | A | A | Sports Fit. Keep it up! |
| Standing broad jump | | 1 mt 8 cm 0 mm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | | 10.712 sec | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | | 3 min 26 sec 938ms | A | A | You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhathi, bhastrika, bhramari). |
| 50 mt. dash | 13.28 sec | 17.946 sec | A | A- | You can further improve your reaction speed ,acceleration 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 | A | A | You can 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 | | 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. |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 35 kg | 132 cm | 20.09 | | | | ✓ | <= 14.00 | < 16.20 | < 18.60 | > 21.00 |

You can reduce your weight by 6.77 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

Name K KABESHRAJ **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011573
Gender / DOB Boy / 09 Apr 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | | 29.0 cm | A | A | Sports Fit. Keep it up! |
| Standing broad jump | | 1 mt 10 cm 0 mm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | | 10.897 sec | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | | 4 min 0 sec 900ms | A | A | You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhrumari). |
| 50 mt. dash | 13.629 sec | 15.331 sec | A | A- | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | | 11 times | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | | 14 times | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 36 kg | 136 cm | 19.46 | | | | ✓ | <= 14.00 | < 16.20 | < 18.60 | > 21.00 |

You can reduce your weight by 6.04 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

Name K RAENTHIKA **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011472
Gender / DOB Girl / 25 May 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | | 27.0 cm | A | A | Athletic. There is scope for improvement. |
| Standing broad jump | | 1 mt 0 cm 0 mm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | | 11.64 sec | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | | 3 min 31 sec 824ms | A | A | Sports Fit. Keep it up! |
| 50 mt. dash | 14.812 sec | 15.513 sec | A | A- | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | | 15 times | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | | 25 times | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Girl

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 29 kg | 128 cm | 17.70 | | | ✓ | | <= 13.80 | < 16.20 | < 19.00 | > 21.60 |

You can reduce your weight by 2.46 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.

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

Fitness Assessment Report 2019-2020 Term-2

Name K SRI GANESH **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011406
Gender / DOB Boy / 12 Aug 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | | 24.0 cm | A | A | Athletic. There is scope for improvement. |
| Standing broad jump | | 95.0 cm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | | 11.213 sec | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | | 3 min 15 sec 468ms | A | A | Athletic. There is scope for improvement. |
| 50 mt. dash | | 15.664 sec | A | A | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | | 17 times | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | | 16 times | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 39 kg | 135 cm | 21.40 | | | | ✓ | <= 14.00 | < 16.20 | < 18.60 | > 21.00 |

You can reduce your weight by 9.48 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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

Fitness Assessment Report 2019-2020 Term-2

Name K SRIMATHI **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011478
Gender / DOB Girl / 21 Oct 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | | 37.0 cm | A | A | Sports Fit. Keep it up! |
| Standing broad jump | | 92.0 cm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | | 12.193 sec | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | | 3 min 35 sec 538ms | A | A | Athletic. There is scope for improvement. |
| 50 mt. dash | | 15.813 sec | A | A | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | | 16 times | A | A | You can 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 | | 18 times | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Girl

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 30 kg | 129 cm | 18.03 | | | ✓ | | <= 13.80 | < 16.20 | < 19.00 | > 21.60 |

You can reduce your weight by 3.04 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

Name K V KHAVIN **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011479
Gender / DOB Boy / 23 Nov 2009
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | | 23.0 cm | A | A | Athletic. There is scope for improvement. |
| Standing broad jump | | 1 mt 5 cm 0 mm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 11.730 sec | 11.365 sec | A | A+ | Sports Fit. Keep it up! |
| 600 meter run/walk | | 3 min 49 sec 996ms | A | A | You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhrumari). |
| 50 mt. dash | 11.76 sec | 15.963 sec | A | A- | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | | 11 times | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | | 15 times | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 28 kg | 129 cm | 16.83 | | | ✓ | | <= 14.20 | < 16.60 | < 19.40 | > 22.00 |

You can reduce your weight by 0.38 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

| | | | |
|------------------------|---------------------------------|----------------|----------------------|
| Name | M BHARATH | Period: | Oct 2019 to May 2020 |
| Class | IV-A | | |
| Registration No | 179400161794116011414 | | |
| Gender / DOB | Boy / 03 Jun 2010 | | |
| School Name | KENDRIYA VIDYALAYA NO 1 MADURAI | | |

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 | 23.0 cm | A | 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 | 99.0 cm | A | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 12.775 sec | A | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | 3 min 8 sec 688ms | A | A | A | Sports Fit. Keep it up! |
| 50 mt. dash | 16.148 sec | A | A | A | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | 15 times | A | A | A | You can 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 | 28 times | A | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 32 kg | 136 cm | 17.30 | | | ✓ | | <= 14.00 | < 16.20 | < 18.60 | > 21.00 |

You can reduce your weight by 2.04 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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

Fitness Assessment Report 2019-2020 Term-2

Name M KAPIL **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011415
Gender / DOB Boy / 30 Jun 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | 25.0 cm | A | A | A | Athletic. There is scope for improvement. |
| Standing broad jump | 95.0 cm | A | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 13.359 sec | A | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | 4 min 4 sec 218ms | A | A | A | You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari). |
| 50 mt. dash | 18.163 sec | A | A | A | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | 10 times | A | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | 14 times | A | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 35 kg | 137 cm | 18.65 | | | | ✓ | <= 14.00 | < 16.20 | < 18.60 | > 21.00 |

You can reduce your weight by 4.59 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

- 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

| | | | |
|------------------------|---------------------------------|----------------|----------------------|
| Name | M MATHESHWARAN | Period: | Oct 2019 to May 2020 |
| Class | IV-A | | |
| Registration No | 179400161794116011748 | | |
| Gender / DOB | Boy / 17 Aug 2010 | | |
| School Name | KENDRIYA VIDYALAYA NO 1 MADURAI | | |

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 | | 34.0 cm | A | A | Sports Fit. Keep it up! |
| Standing broad jump | | 1 mt 5 cm 0 mm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | | 13.844 sec | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | | 4 min 2 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, bhastrika, bhrumari). |
| 50 mt. dash | | 13.548 sec | A | A | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | | 15 times | A | A | You can 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 | | 22 times | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 36 kg | 140 cm | 18.37 | | | ✓ | | <= 14.00 | < 16.20 | < 18.60 | > 21.00 |

You can reduce your weight by 4.25 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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

Fitness Assessment Report 2019-2020 Term-2

Name M NESIKA **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011407
Gender / DOB Girl / 25 Sep 2009
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | 28.0 cm | A | A | A | Athletic. There is scope for improvement. |
| Standing broad jump | 89.0 cm | A | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 14.210 sec | A | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | 3 min 39 sec 775ms | A | 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 bhathi, bhastrika, bhrumari). |
| 50 mt. dash | 14.42 sec | A | A | A | You can further improve your reaction speed ,acceleration 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 | 18 times | A | A | A | You can 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 | 19 times | A | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 10 Year Girl

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 32 kg | 132 cm | 18.37 | | | ✓ | | <= 14.00 | < 16.80 | < 19.80 | > 23.00 |

You can reduce your weight by 2.73 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

Name M NITHIN **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011477
Gender / DOB Boy / 24 Jun 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | 27.0 cm | A | A | A | Sports Fit. Keep it up! |
| Standing broad jump | 1 mt 15 cm 0 mm | A | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 14.526 sec | A | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | 3 min 47 sec 179ms | A | 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 bhathi, bhastrika, bhrumari). |
| 50 mt. dash | 14.881 sec | A | A | A | You can further improve your reaction speed ,acceleration 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 | 17 times | A | A | A | You can 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 | 18 times | A | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 32 kg | 134 cm | 17.82 | | | ✓ | | <= 14.00 | < 16.20 | < 18.60 | > 21.00 |

You can reduce your weight by 2.91 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

Name M RAMALISHREE **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794118012383
Gender / DOB Girl / 20 Nov 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | 23.0 cm | A | A | A | Very Good. You can improve! |
| Standing broad jump | 95.0 cm | A | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 15.128 sec | A | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | 3 min 57 sec 361ms | A | A | A | You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhrumari). |
| 50 mt. dash | 14.459 sec | A | A | A | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | 16 times | A | A | A | You can 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 | 20 times | A | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Girl

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 29 kg | 129 cm | 17.43 | | | ✓ | | <= 13.80 | < 16.20 | < 19.00 | > 21.60 |

You can reduce your weight by 2.04 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

Name M SANDHYA **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011633
Gender / DOB Girl / 30 Jul 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | | 34.0 cm | A | A | Sports Fit. Keep it up! |
| Standing broad jump | | 1 mt 0 cm 0 mm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | | 16.431 sec | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | | 3 min 56 sec 580ms | A | A | You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhrumari). |
| 50 mt. dash | | 13.759 sec | A | A | You can further improve your reaction speed ,acceleration 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 | | 17 times | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | | 25 times | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Girl

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 32 kg | 135 cm | 17.56 | | | ✓ | | <= 13.80 | < 16.20 | < 19.00 | > 21.60 |

You can reduce your weight by 2.48 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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

Fitness Assessment Report 2019-2020 Term-2

Name M SHIVANIEE **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011796
Gender / DOB Girl / 09 Feb 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | | 34.0 cm | A | A | Sports Fit. Keep it up! |
| Standing broad jump | | 89.0 cm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | | 15.177 sec | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | | 3 min 57 sec 64ms | 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 bhathi, bhastrika, bhramari). |
| 50 mt. dash | | 15.958 sec | A | A | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | | 15 times | A | A | You can 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 | | 17 times | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Girl

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 34 kg | 140 cm | 17.35 | | | ✓ | | <= 13.80 | < 16.20 | < 19.00 | > 21.60 |

You can reduce your weight by 2.25 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

| | | | |
|------------------------|---------------------------------|----------------|----------------------|
| Name | M SIVANESH | Period: | Oct 2019 to May 2020 |
| Class | IV-A | | |
| Registration No | 179400161794117012017 | | |
| Gender / DOB | Boy / 01 Dec 2009 | | |
| School Name | KENDRIYA VIDYALAYA NO 1 MADURAI | | |

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 | | 34.0 cm | A | A | Sports Fit. Keep it up! |
| Standing broad jump | | 1 mt 0 cm 0 mm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | | 15.496 sec | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | | 4 min 0 sec 602ms | 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 bhathi, bhastrika, bhrumari). |
| 50 mt. dash | | 15.526 sec | A | A | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | | 10 times | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | | 18 times | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 32 kg | 130 cm | 18.93 | | | ✓ | | <= 14.20 | < 16.60 | < 19.40 | > 22.00 |

You can reduce your weight by 3.95 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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

Fitness Assessment Report 2019-2020 Term-2

Name M SORNA **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794117011962
Gender / DOB Girl / 12 Dec 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | | 34.0 cm | A | A | Sports Fit. Keep it up! |
| Standing broad jump | | 1 mt 2 cm 0 mm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 11.931 sec | 15.661 sec | A | A- | Sports Fit. Keep it up! |
| 600 meter run/walk | | 4 min 3 sec 153ms | 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 bhathi, bhastrika, bhrumari). |
| 50 mt. dash | | 15.974 sec | A | A | You can further improve your reaction speed ,acceleration 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 | | 14 times | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | | 21 times | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Girl

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 30 kg | 129 cm | 18.03 | | | ✓ | | <= 13.80 | < 16.20 | < 19.00 | > 21.60 |

You can reduce your weight by 3.04 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

Name N HARSHAN **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011473
Gender / DOB Boy / 29 Oct 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | | 33.0 cm | A | A | Sports Fit. Keep it up! |
| Standing broad jump | | 1 mt 8 cm 0 mm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | | 15.827 sec | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | | 3 min 5 sec 537ms | A | A | Sports Fit. Keep it up! |
| 50 mt. dash | | 15.559 sec | A | A | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | | 10 times | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | | 15 times | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Boy

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 32 kg | 131 cm | 18.65 | | | | ✓ | <= 14.00 | < 16.20 | < 18.60 | > 21.00 |

You can reduce your weight by 4.2 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

Name N MEENAYAZHINI **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011480
Gender / DOB Girl / 22 May 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | | 37.0 cm | A | A | Sports Fit. Keep it up! |
| Standing broad jump | | 1 mt 2 cm 0 mm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | | 15.995 sec | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | | 3 min 57 sec 247ms | A | A | You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhrumari). |
| 50 mt. dash | | 16.174 sec | A | A | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | | 12 times | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | | 26 times | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Girl

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 30 kg | 131 cm | 17.48 | | | ✓ | | <= 13.80 | < 16.20 | < 19.00 | > 21.60 |

You can reduce your weight by 2.2 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

Name P AJITESH **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011506
Gender / DOB Boy / 23 Mar 2011
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | | 27.0 cm | A | A | Sports Fit. Keep it up! |
| Standing broad jump | | 1 mt 10 cm 0 mm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | | 16.163 sec | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | | 3 min 3 sec 635ms | A | A | Sports Fit. Keep it up! |
| 50 mt. dash | | 16.360 sec | A | A | You can further improve your reaction speed ,acceleration 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 | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | | 14 times | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Boy

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 29 kg | 133 cm | 16.39 | | | ✓ | | <= 13.80 | < 15.80 | < 18.00 | > 20.00 |

You can reduce your weight by 1.05 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

Name P GABRIELINA **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011776
Gender / DOB Girl / 07 Oct 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | | 31.0 cm | A | A | Sports Fit. Keep it up! |
| Standing broad jump | | 95.0 cm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | | 16.444 sec | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | | 3 min 57 sec 996ms | 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 bhathi, bhastrika, bhrumari). |
| 50 mt. dash | | 16.61 sec | A | A | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | | 16 times | A | A | You can 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 | | 20 times | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Girl

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 30 kg | 130 cm | 17.75 | | | ✓ | | <= 13.80 | < 16.20 | < 19.00 | > 21.60 |

You can reduce your weight by 2.62 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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

Fitness Assessment Report 2019-2020 Term-2

Name P NEVEDITHA **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011556
Gender / DOB Girl / 14 Sep 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | 24.0 cm | A | A | A | Very Good. You can improve! |
| Standing broad jump | 1 mt 1 cm 0 mm | A | 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 | 16.793 sec | A | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | 3 min 57 sec 415ms | A | A | A | You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari). |
| 50 mt. dash | 16.525 sec | A | A | A | You can further improve your reaction speed ,acceleration 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 | 19 times | A | A | A | Very Good. You can improve! |
| Push Up /Modified Push Up | 18 times | A | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Girl

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 40 kg | 134 cm | 22.28 | | | | ✓ | <= 13.80 | < 16.20 | < 19.00 | > 21.60 |

You can reduce your weight by 10.91 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

Name P POORNIKA **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011474
Gender / DOB Girl / 21 Mar 2011
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | 26.0 cm | A | A | A | Athletic. There is scope for improvement. |
| Standing broad jump | 1 mt 8 cm 0 mm | A | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 11.360 sec | A | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | 3 min 58 sec 964ms | A | 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 bhathi, bhastrika, bhrumari). |
| 50 mt. dash | 16.725 sec | A | A | A | You can further improve your reaction speed ,acceleration 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 | 18 times | A | A | A | You can 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 | 19 times | A | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Girl

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 29 kg | 128 cm | 17.70 | | | ✓ | | <= 13.60 | < 15.80 | < 18.20 | > 20.60 |

You can reduce your weight by 3.11 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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

Fitness Assessment Report 2019-2020 Term-2

Name PON MENAJHA **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794119012743
Gender / DOB Girl / 22 Jan 2011
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | 27.0 cm | A | A | A | Athletic. There is scope for improvement. |
| Standing broad jump | 98.0 cm | A | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 11.562 sec | A | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | 3 min 57 sec 583ms | A | 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 bhathi, bhastrika, bhramari). |
| 50 mt. dash | 15.759 sec | A | A | A | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | 15 times | A | A | A | You can 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 | 17 times | A | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Girl

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 31 kg | 131 cm | 18.06 | | | ✓ | | <= 13.60 | < 15.80 | < 18.20 | > 20.60 |

You can reduce your weight by 3.89 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

Name POORNA PRANITHA **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011476
Gender / DOB Girl / 23 Feb 2011
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | 27.0 cm | A | A | A | Athletic. There is scope for improvement. |
| Standing broad jump | 90.0 cm | A | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 9.196 sec | A | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | 4 min 24 sec 243ms | A | A | A | You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhrumari). |
| 50 mt. dash | 16.891 sec | A | A | A | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | 15 times | A | A | A | You can 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 | 23 times | A | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Girl

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 30 kg | 135 cm | 16.46 | | | ✓ | | <= 13.60 | < 15.80 | < 18.20 | > 20.60 |

You can reduce your weight by 1.2 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

Name R DHARSHAN **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794117011989
Gender / DOB Boy / 09 May 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | 28.0 cm | A | A | A | Sports Fit. Keep it up! |
| Standing broad jump | 1 mt 10 cm 0 mm | A | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 12.94 sec | A | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | 3 min 5 sec 701ms | A | A | A | Sports Fit. Keep it up! |
| 50 mt. dash | 17.92 sec | A | A | A | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | 10 times | A | A | A | You can 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 | 19 times | A | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 30 kg | 129 cm | 18.03 | | | ✓ | | <= 14.00 | < 16.20 | < 18.60 | > 21.00 |

You can reduce your weight by 3.04 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

Name R KIRUTHIGA SREE **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011515
Gender / DOB Girl / 20 Sep 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | 27.0 cm | A | A | A | Athletic. There is scope for improvement. |
| Standing broad jump | 98.0 cm | A | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 12.313 sec | A | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | 4 min 24 sec 742ms | A | 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 bhathi, bhastrika, bhrumari). |
| 50 mt. dash | 17.476 sec | A | A | A | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | 15 times | A | A | A | You can 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 | 20 times | A | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Girl

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 29 kg | 125 cm | 18.56 | | | ✓ | | <= 13.80 | < 16.20 | < 19.00 | > 21.60 |

You can reduce your weight by 3.69 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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

Fitness Assessment Report 2019-2020 Term-2

Name R PRANAV **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011413
Gender / DOB Boy / 02 Nov 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | | 28.0 cm | A | A | Sports Fit. Keep it up! |
| Standing broad jump | | 1 mt 2 cm 0 mm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 12.432 sec | 12.480 sec | A | A- | Sports Fit. Keep it up! |
| 600 meter run/walk | | 3 min 41 sec 744ms | A | A | You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhrumari). |
| 50 mt. dash | | 17.259 sec | A | A | You can further improve your reaction speed ,acceleration 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 | | 17 times | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | | 15 times | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Boy

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 32 kg | 131 cm | 18.65 | | | | ✓ | <= 14.00 | < 16.20 | < 18.60 | > 21.00 |

You can reduce your weight by 4.2 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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

Fitness Assessment Report 2019-2020 Term-2

| | | | |
|------------------------|---------------------------------|----------------|----------------------|
| Name | R SARIKA | Period: | Oct 2019 to May 2020 |
| Class | IV-A | | |
| Registration No | 179400161794118012424 | | |
| Gender / DOB | Girl / 02 Apr 2010 | | |
| School Name | KENDRIYA VIDYALAYA NO 1 MADURAI | | |

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 | | 28.0 cm | A | A | Athletic. There is scope for improvement. |
| Standing broad jump | | 1 mt 2 cm 0 mm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 12.647 sec | 12.679 sec | A | A- | Sports Fit. Keep it up! |
| 600 meter run/walk | | 4 min 24 sec 959ms | 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 bhathi, bhastrika, bhramari). |
| 50 mt. dash | | 14.770 sec | A | A | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | | 15 times | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | | 14 times | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Girl

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 30 kg | 131 cm | 17.48 | | | ✓ | | <= 13.80 | < 16.20 | < 19.00 | > 21.60 |

You can reduce your weight by 2.2 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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

Fitness Assessment Report 2019-2020 Term-2

Name S G JOSHITHA **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011512
Gender / DOB Girl / 09 Apr 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | | 32.0 cm | A | A | Sports Fit. Keep it up! |
| Standing broad jump | | 1 mt 10 cm 0 mm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 13.565 sec | 12.862 sec | A | A+ | Sports Fit. Keep it up! |
| 600 meter run/walk | | 4 min 25 sec 143ms | 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 bhathi, bhastrika, bhrumari). |
| 50 mt. dash | | 14.236 sec | A | A | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | | 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 | | 26 times | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Girl

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 28 kg | 126 cm | 17.64 | | | ✓ | | <= 13.80 | < 16.20 | < 19.00 | > 21.60 |

You can reduce your weight by 2.28 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

Name S HEMAROSHINI **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011417
Gender / DOB Girl / 19 May 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | 35.0 cm | A | A | A | Sports Fit. Keep it up! |
| Standing broad jump | 1 mt 15 cm 0 mm | A | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 13.29 sec | A | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | 4 min 25 sec 310ms | A | 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 bhathi, bhastrika, bhrumari). |
| 50 mt. dash | 16.671 sec | A | A | A | You can further improve your reaction speed ,acceleration 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 | 17 times | A | A | A | You can 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 | 27 times | A | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Girl

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 29 kg | 132 cm | 16.64 | | | ✓ | | <= 13.80 | < 16.20 | < 19.00 | > 21.60 |

You can reduce your weight by 0.77 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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

Fitness Assessment Report 2019-2020 Term-2

Name S JEEVANILA **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011412
Gender / DOB Girl / 19 Oct 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | 32.0 cm | | A | A | Sports Fit. Keep it up! |
| Standing broad jump | 1 mt 0 cm 0 mm | | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 10.615 sec | | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | 4 min 25 sec 492ms | | 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 bhathi, bhastrika, bhrumari). |
| 50 mt. dash | 15.805 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. |
| Partial curl up 30 sec | 15 times | | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | 22 times | | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Girl

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 26 kg | 124 cm | 16.91 | | | ✓ | | <= 13.80 | < 16.20 | < 19.00 | > 21.60 |

You can reduce your weight by 1.09 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

Name S KABILAN **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011507
Gender / DOB Boy / 23 Aug 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | | 32.0 cm | A | A | Sports Fit. Keep it up! |
| Standing broad jump | | 1 mt 0 cm 0 mm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 13.148 sec | 10.916 sec | A | A+ | Sports Fit. Keep it up! |
| 600 meter run/walk | | 3 min 34 sec 156ms | 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 bhathi, bhastrika, bhramari). |
| 50 mt. dash | | 15.303 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. |
| Partial curl up 30 sec | | 13 times | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | | 18 times | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 32 kg | 135 cm | 17.56 | | | ✓ | | <= 14.00 | < 16.20 | < 18.60 | > 21.00 |

You can reduce your weight by 2.48 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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

Fitness Assessment Report 2019-2020 Term-2

Name S KANISHKA **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794117011991
Gender / DOB Girl / 06 May 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | 28.0 cm | A | A | A | Athletic. There is scope for improvement. |
| Standing broad jump | 80.0 cm | A | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 11.265 sec | A | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | 4 min 0 sec 300ms | A | A | A | You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhrumari). |
| 50 mt. dash | 15.342 sec | A | A | A | You can further improve your reaction speed ,acceleration 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 | 18 times | A | A | A | You can 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 | 23 times | A | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Girl

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 27 kg | 125 cm | 17.28 | | | ✓ | | <= 13.80 | < 16.20 | < 19.00 | > 21.60 |

You can reduce your weight by 1.69 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

Name S LAKSHMAN **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011565
Gender / DOB Boy / 29 Aug 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | 28.0 cm | A | A | A | Sports Fit. Keep it up! |
| Standing broad jump | 1 mt 5 cm 0 mm | A | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 11.465 sec | A | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | 2 min 50 sec 777ms | A | A | A | Sports Fit. Keep it up! |
| 50 mt. dash | 15.123 sec | A | A | A | You can further improve your reaction speed ,acceleration 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 | 17 times | A | A | A | You can 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 | 18 times | A | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 29 kg | 130 cm | 17.16 | | | ✓ | | <= 14.00 | < 16.20 | < 18.60 | > 21.00 |

You can reduce your weight by 1.62 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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

Fitness Assessment Report 2019-2020 Term-2

Name S LAKSHMAN BARANI **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011508
Gender / DOB Boy / 17 Dec 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | 34.0 cm | A | A | A | Sports Fit. Keep it up! |
| Standing broad jump | 1 mt 10 cm 0 mm | A | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 11.616 sec | A | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | 4 min 25 sec 677ms | A | 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 bhathi, bhastrika, bhrumari). |
| 50 mt. dash | 17.10 sec | A | A | A | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | 12 times | A | A | A | You can 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 | 20 times | A | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Boy

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 35 kg | 130 cm | 20.71 | | | | ✓ | <= 14.00 | < 16.20 | < 18.60 | > 21.00 |

You can reduce your weight by 7.62 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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

Fitness Assessment Report 2019-2020 Term-2

| | | | |
|------------------------|---------------------------------|----------------|----------------------|
| Name | S P SUDHAN KARTHIK | Period: | Oct 2019 to May 2020 |
| Class | IV-A | | |
| Registration No | 179400161794117012031 | | |
| Gender / DOB | Boy / 09 Mar 2011 | | |
| School Name | KENDRIYA VIDYALAYA NO 1 MADURAI | | |

Medical Profile

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

Divyang Profile

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

My Fitness Score

| Tests | Previous Score | Current Score | Previous | Current | Feedback |
|---------------------------|----------------|--------------------|----------|---------|---|
| Sit and reach test | | 33.0 cm | A | A | You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis. |
| Standing broad jump | | 95.0 cm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | | 11.783 sec | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | | 4 min 25 sec 827ms | A | A | You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari). |
| 50 mt. dash | | 16.542 sec | A | A | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | | 9 times | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | | 18 times | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Boy

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 24 kg | 125 cm | 15.36 | | ✓ | | | <= 13.80 | < 15.80 | < 18.00 | > 20.00 |

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

Dietary

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

Activity to be pursued

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

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

Fitness Assessment Report 2019-2020 Term-2

Name S REKSHANA SRI **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011639
Gender / DOB Girl / 15 Nov 2009
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | 24.0 cm | A | A | A | Very Good. You can improve! |
| Standing broad jump | 88.0 cm | A | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 12.128 sec | A | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | 4 min 2 sec 650ms | A | A | A | You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhrumari). |
| 50 mt. dash | 14.348 sec | A | A | A | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | 15 times | A | A | A | You can 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 | 17 times | A | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Girl

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 23 kg | 124 cm | 14.96 | | ✓ | | | <= 14.00 | < 16.80 | < 19.80 | > 23.00 |

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

Dietary

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

Activity to be pursued

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

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

Fitness Assessment Report 2019-2020 Term-2

Name S VISHAL **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011410
Gender / DOB Boy / 20 Dec 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | 25.0 cm | A | A | A | Athletic. There is scope for improvement. |
| Standing broad jump | 1 mt 0 cm 0 mm | A | 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, Katchakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 12.466 sec | A | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | 3 min 49 sec 570ms | A | A | A | You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari). |
| 50 mt. dash | 16.765 sec | A | A | A | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | 10 times | A | A | A | You can 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 | 21 times | A | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Boy

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 40 kg | 132 cm | 22.96 | | | | ✓ | <= 14.00 | < 16.20 | < 18.60 | > 21.00 |

You can reduce your weight by 11.77 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

Name T G ROSHIKA **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011621
Gender / DOB Girl / 25 May 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | | 29.0 cm | A | A | Athletic. There is scope for improvement. |
| Standing broad jump | | 98.0 cm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | | 11.685 sec | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | | 3 min 49 sec 990ms | A | A | You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari). |
| 50 mt. dash | | 14.376 sec | A | A | You can further improve your reaction speed ,acceleration 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 | | 20 times | A | A | Very Good. You can improve! |
| Push Up /Modified Push Up | | 21 times | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Girl

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 29 kg | 126 cm | 18.27 | | | ✓ | | <= 13.80 | < 16.20 | < 19.00 | > 21.60 |

You can reduce your weight by 3.28 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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

Fitness Assessment Report 2019-2020 Term-2

Name T RESHMA **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011516
Gender / DOB Girl / 17 Mar 2011
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | 28.0 cm | A | A | A | Athletic. There is scope for improvement. |
| Standing broad jump | 91.0 cm | A | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 11.937 sec | A | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | 3 min 50 sec 405ms | A | A | A | You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhrumari). |
| 50 mt. dash | 13.652 sec | A | A | A | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | 16 times | A | A | A | You can 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 | 24 times | A | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Girl

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 23 kg | 126 cm | 14.49 | | ✓ | | | <= 13.60 | < 15.80 | < 18.20 | > 20.60 |

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

Dietary

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

Activity to be pursued

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

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

Fitness Assessment Report 2019-2020 Term-2

Name T YOHADEV **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011717
Gender / DOB Boy / 10 Nov 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | | 38.0 cm | A | A | Sports Fit. Keep it up! |
| Standing broad jump | | 1 mt 22 cm 0 mm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | | 12.118 sec | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | | 3 min 59 sec 680ms | 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 | | 12.736 sec | A | A | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | | 18 times | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | | 20 times | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Boy

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 33 kg | 141 cm | 16.60 | | | ✓ | | <= 14.00 | < 16.20 | < 18.60 | > 21.00 |

You can reduce your weight by 0.79 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

Name V ABINAYA **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794117012004
Gender / DOB Girl / 21 Nov 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | | 32.0 cm | A | A | Sports Fit. Keep it up! |
| Standing broad jump | | 95.0 cm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 11.208 sec | 12.420 sec | A | A- | Sports Fit. Keep it up! |
| 600 meter run/walk | | 3 min 50 sec 802ms | 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 bhathi, bhastrika, bhrumari). |
| 50 mt. dash | | 15.10 sec | A | A | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | | 18 times | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | | 20 times | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Girl

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 29 kg | 128 cm | 17.70 | | | ✓ | | <= 13.80 | < 16.20 | < 19.00 | > 21.60 |

You can reduce your weight by 2.46 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.

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

Fitness Assessment Report 2019-2020 Term-2

Name V ANENYA **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011408
Gender / DOB Girl / 26 Dec 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | | 24.0 cm | A | A | Very Good. You can improve! |
| Standing broad jump | | 1 mt 0 cm 0 mm | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 10.841 sec | 12.601 sec | A | A- | Sports Fit. Keep it up! |
| 600 meter run/walk | | 3 min 51 sec 254ms | 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 bhathi, bhastrika, bhrumari). |
| 50 mt. dash | | 14.811 sec | A | A | You can further improve your reaction speed ,acceleration 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 | | 18 times | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | | 23 times | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 8 Year Girl

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 28 kg | 129 cm | 16.83 | | | ✓ | | <= 13.80 | < 16.20 | < 19.00 | > 21.60 |

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

Dietary

- 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

Name V KRUTHIK PRANAV **Period:** Oct 2019 to May 2020
Class IV-A
Registration No 179400161794116011509
Gender / DOB Boy / 27 Jan 2010
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

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 | 21.0 cm | A | A | A | Very Good. You can improve! |
| Standing broad jump | 85.0 cm | A | A | A | You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial. |
| 4x10 meter shuttle run | 12.788 sec | A | A | A | Sports Fit. Keep it up! |
| 600 meter run/walk | 4 min 1 sec 247ms | A | 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 bhathi, bhastrika, bhrumari). |
| 50 mt. dash | 13.913 sec | A | A | A | You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed. |
| Partial curl up 30 sec | 8 times | A | A | A | You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc. |
| Push Up /Modified Push Up | 15 times | A | A | A | Sports Fit. Keep it up! |

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

| | Weight | Height | My BMI | UW | N | OW | OB | Under Weight | Normal | Over Weight | Obese |
|-------------|--------|--------|--------|----|---|----|----|--------------|---------|-------------|---------|
| Current BMI | 32 kg | 129 cm | 19.23 | | | | ✓ | <= 14.00 | < 16.20 | < 18.60 | > 21.00 |

You can reduce your weight by 5.04 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>.