

## Fitness Assessment Report 2019-2020 Term-2

**Name** A. DHISHAN **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 11574  
**Gender / DOB** Boy / 23 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	20.0 cm	20.0 cm	A	A	Very Good. You can improve!
Standing broad jump	1 mt 50 cm 0 mm	1 mt 70 cm 0 mm	A	A+	Very Good. You can improve!
4x10 meter shuttle run	13.555 sec	18.721 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
600 meter run/walk	3 min 2 sec 635ms	2 min 52 sec 472ms	A	A+	Sports Fit. Keep it up!
50 mt. dash	13.670 sec	15.698 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	10 times	12 times	A	A+	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		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	138 cm	16.80			✓		<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	30 kg	140 cm	15.31		✓			<= 14.00	< 16.20	< 18.60	> 21.00

You can reduce your weight by 1.15 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

#### Dietary

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

#### Activity to be pursued

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

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

## Fitness Assessment Report 2019-2020 Term-2

**Name** A. SARANIGA **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 11559  
**Gender / DOB** Girl / 19 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
<b>Sit and reach test</b>	11.0 cm	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.
<b>Standing broad jump</b>	1 mt 50 cm 0 mm	1 mt 70 cm 0 mm	A	A+	Sports Fit. Keep it up!
<b>4x10 meter shuttle run</b>	13.735 sec	17.337 sec	A	A-	Sports Fit. Keep it up!
<b>600 meter run/walk</b>	3 min 2 sec 999ms	2 min 54 sec 14ms	A	A+	Sports Fit. Keep it up!
<b>50 mt. dash</b>	13.820 sec	23.10 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
<b>Partial curl up 30 sec</b>		10 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
<b>Push Up /Modified Push Up</b>	8 times	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 Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	38 kg	130 cm	22.49				✓	<= 13.60	< 15.80	< 18.20	> 20.60
<b>Previous BMI</b>	27 kg	135 cm	14.81		✓			<= 13.60	< 15.80	< 18.20	> 20.60

You can reduce your weight by 11.3 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

#### Dietary

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

#### Activity to be pursued

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

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## Fitness Assessment Report 2019-2020 Term-2

**Name** A. TARIQ JAMEEL **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 11767  
**Gender / DOB** Boy / 27 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	16.0 cm	26.0 cm	A	A+	Athletic. There is scope for improvement.
Standing broad jump	1 mt 10 cm 0 mm	1 mt 10 cm 0 mm	A	A	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	13.969 sec	17.503 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	3 min 3 sec 169ms	2 min 54 sec 163ms	A	A+	Sports Fit. Keep it up!
50 mt. dash	14.138 sec	15.879 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	8 times	10 times	A	A+	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		9 times	A	A	Athletic. There is scope for improvement.

Grades indicate your own performance compared to last term :

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

### My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	38 kg	138 cm	19.95				✓	<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	33 kg	141 cm	16.60			✓		<= 14.00	< 16.20	< 18.60	> 21.00

You can reduce your weight by 7.15 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

#### Dietary

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

#### Activity to be pursued

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

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## Fitness Assessment Report 2019-2020 Term-2

**Name** AARON ANTONY **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941170 11519  
**Gender / DOB** Boy / 10 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	8.0 cm	26.0 cm	A	A+	Athletic. There is scope for improvement.
Standing broad jump	1 mt 20 cm 0 mm	1 mt 40 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	14.170 sec	17.635 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	3 min 3 sec 367ms	2 min 54 sec 296ms	A	A+	Sports Fit. Keep it up!
50 mt. dash	16.997 sec	16.95 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	10 times	10 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		9 times	A	A	Athletic. There is scope for improvement.

Grades indicate your own performance compared to last term :

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

### My Body Mass Index(BMI)

BMI Benchmark: 8 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	28 kg	130 cm	16.57			✓		<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	24 kg	128 cm	14.65		✓			<= 14.00	< 16.20	< 18.60	> 21.00

You can reduce your weight by 0.62 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.

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## Fitness Assessment Report 2019-2020 Term-2

**Name** ABISHEK BARA **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941170 11526  
**Gender / DOB** Boy / 28 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	13.0 cm	20.0 cm	A	A+	Very Good. You can improve!
Standing broad jump	1 mt 0 cm 0 mm	1 mt 40 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	14.387 sec	17.801 sec	A	A-	Athletic. There is scope for improvement.
600 meter run/walk	3 min 12 sec 406ms	2 min 54 sec 429ms	A	A+	Sports Fit. Keep it up!
50 mt. dash	17.165 sec	16.725 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	10 times	10 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		9 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

### My Body Mass Index(BMI)

BMI Benchmark: 8 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	28 kg	130 cm	16.57			✓		<= 13.80	< 15.80	< 18.00	> 20.00
Previous BMI	24 kg	128 cm	14.65		✓			<= 13.80	< 15.80	< 18.00	> 20.00

You can reduce your weight by 1.3 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

#### Dietary

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

#### Activity to be pursued

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

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## Fitness Assessment Report 2019-2020 Term-2

**Name** B. PUGAZHARASAN **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 11522  
**Gender / DOB** Boy / 24 Oct 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	19.0 cm	26.0 cm	A	A+	Athletic. There is scope for improvement.
Standing broad jump	1 mt 0 cm 0 mm	1 mt 10 cm 0 mm	A	A+	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	16.409 sec	17.934 sec	A	A-	Very Good. You can improve!
600 meter run/walk	3 min 48 sec 667ms	6 min 42 sec 747ms	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	17.683 sec	16.526 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	4 times	10 times	A	A+	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		9 times	A	A	Very Good. You can improve!

Grades indicate your own performance compared to last term :

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

### My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	32 kg	136 cm	17.30			✓		<= 14.20	< 16.60	< 19.40	> 22.00
Previous BMI	32 kg	142 cm	15.87		✓			<= 14.20	< 16.60	< 19.40	> 22.00

You can reduce your weight by 1.3 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

#### Dietary

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

#### Activity to be pursued

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

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## Fitness Assessment Report 2019-2020 Term-2

<b>Name</b>	D. SHALINI	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	IV-B		
<b>Registration No</b>	1794001617941160 11602		
<b>Gender / DOB</b>	Girl / 30 Mar 2010		
<b>School Name</b>	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	24.0 cm	A	A+	Very Good. You can improve!
Standing broad jump	1 mt 0 cm 0 mm	1 mt 64 cm 0 mm	A	A+	Sports Fit. Keep it up!
4x10 meter shuttle run	13.482 sec	18.83 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	3 min 0 sec 964ms	2 min 54 sec 578ms	A	A+	Sports Fit. Keep it up!
50 mt. dash	14.322 sec	16.892 sec	A	A-	You can further improve your reaction speed ,acceleration 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	8 times	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 Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	30 kg	136 cm	16.22			✓		<= 13.80	< 16.20	< 19.00	> 21.60
Previous BMI	22 kg	131 cm	12.82	✓				<= 13.80	< 16.20	< 19.00	> 21.60

You can reduce your weight by 0.04 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

#### Dietary

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

#### Activity to be pursued

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

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## Fitness Assessment Report 2019-2020 Term-2

**Name** DEVISRI **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 179400161794119012752  
**Gender / DOB** Girl / 05 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	14.0 cm	26.0 cm	A	A+	Athletic. There is scope for improvement.
Standing broad jump	1 mt 0 cm 0 mm	1 mt 70 cm 0 mm	A	A+	Sports Fit. Keep it up!
4x10 meter shuttle run	16.861 sec	18.216 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	3 min 1 sec 365ms	2 min 55 sec 324ms	A	A+	Sports Fit. Keep it up!
50 mt. dash	17.332 sec	16.244 sec	A	A+	You can further improve your reaction speed ,acceleration 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	8 times	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 Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	30 kg	136 cm	16.22			✓		<= 13.80	< 16.20	< 19.00	> 21.60
Previous BMI	22 kg	131 cm	12.82	✓				<= 13.80	< 16.20	< 19.00	> 21.60

You can reduce your weight by 0.04 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.

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## Fitness Assessment Report 2019-2020 Term-2

**Name** G. BALAPRIYAN **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 11527  
**Gender / DOB** Boy / 21 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	14.0 cm	26.0 cm	A	A+	Athletic. There is scope for improvement.
Standing broad jump	1 mt 0 cm 0 mm	1 mt 64 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	14.65 sec	18.365 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
600 meter run/walk	3 min 2 sec 351ms	2 min 55 sec 489ms	A	A+	Sports Fit. Keep it up!
50 mt. dash	17.885 sec	23.176 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	12 times	15 times	A	A+	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		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: 9 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	30 kg	132 cm	17.22			✓		<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	34 kg	131 cm	19.81				✓	<= 14.00	< 16.20	< 18.60	> 21.00

You can reduce your weight by 1.77 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** G. DHARSHAN **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 11756  
**Gender / DOB** Boy / 31 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	10.0 cm	20.0 cm	A	A+	Very Good. You can improve!
Standing broad jump	1 mt 0 cm 0 mm	1 mt 70 cm 0 mm	A	A+	Very Good. You can improve!
4x10 meter shuttle run	14.266 sec	18.80 sec	A	A-	Very Good. You can improve!
600 meter run/walk	2 min 53 sec 770ms	2 min 42 sec 795ms	A	A+	Sports Fit. Keep it up!
50 mt. dash	14.457 sec	23.342 sec	A	A-	You can further improve your reaction speed ,acceleration 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	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		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	30 kg	132 cm	17.22			✓		<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	25 kg	135 cm	13.72	✓				<= 14.00	< 16.20	< 18.60	> 21.00

You can reduce your weight by 1.77 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.

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## Fitness Assessment Report 2019-2020 Term-2

**Name** GCS. SANJIT **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 11430  
**Gender / DOB** Boy / 11 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	16.0 cm	26.0 cm	A	A+	Athletic. There is scope for improvement.
Standing broad jump	1 mt 70 cm 0 mm	1 mt 64 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	14.434 sec	18.246 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
600 meter run/walk	3 min 2 sec 569ms	2 min 42 sec 993ms	A	A+	Sports Fit. Keep it up!
50 mt. dash	14.608 sec	17.36 sec	A	A-	You can further improve your reaction speed ,acceleration 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	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		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: 8 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	28 kg	130 cm	16.57			✓		<= 13.80	< 15.80	< 18.00	> 20.00
Previous BMI	26 kg	131 cm	15.15		✓			<= 13.80	< 15.80	< 18.00	> 20.00

You can reduce your weight by 1.3 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

#### Dietary

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

#### Activity to be pursued

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

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## Fitness Assessment Report 2019-2020 Term-2

**Name** GK. SAINDHAVI **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 11489  
**Gender / DOB** Girl / 09 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	5.0 cm	35.0 cm	A	A+	Sports Fit. Keep it up!
Standing broad jump	1 mt 0 cm 0 mm	1 mt 50 cm 0 mm	A	A+	Sports Fit. Keep it up!
4x10 meter shuttle run	14.615 sec	18.428 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	2 min 57 sec 968ms	2 min 43 sec 225ms	A	A+	Sports Fit. Keep it up!
50 mt. dash	17.516 sec	23.525 sec	A	A-	You can further improve your reaction speed ,acceleration 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	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 Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	30 kg	134 cm	16.71			✓		<= 13.60	< 15.80	< 18.20	> 20.60
Previous BMI	33 kg	135 cm	18.11			✓		<= 13.60	< 15.80	< 18.20	> 20.60

You can reduce your weight by 1.63 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

#### Dietary

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

#### Activity to be pursued

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

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## Fitness Assessment Report 2019-2020 Term-2

**Name** J. VAISHNAVI **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941170 11813  
**Gender / DOB** Girl / 14 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	12.0 cm	24.0 cm	A	A+	Very Good. You can improve!
Standing broad jump	1 mt 70 cm 0 mm	1 mt 70 cm 0 mm	A	A	Sports Fit. Keep it up!
4x10 meter shuttle run	14.801 sec	18.627 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	3 min 2 sec 116ms	2 min 43 sec 441ms	A	A+	Sports Fit. Keep it up!
50 mt. dash	14.776 sec	15.498 sec	A	A-	You can further improve your reaction speed ,acceleration 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	10 times	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 Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	30 kg	132 cm	17.22			✓		<= 13.80	< 16.20	< 19.00	> 21.60
Previous BMI	18 kg	126 cm	11.34	✓				<= 13.80	< 16.20	< 19.00	> 21.60

You can reduce your weight by 1.77 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.

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## Fitness Assessment Report 2019-2020 Term-2

<b>Name</b>	JK. VARUN	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	IV-B		
<b>Registration No</b>	1794001617941160 11423		
<b>Gender / DOB</b>	Boy / 09 Jul 2010		
<b>School Name</b>	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
<b>Sit and reach test</b>	18.0 cm	35.0 cm	A	A+	Sports Fit. Keep it up!
<b>Standing broad jump</b>	1 mt 0 cm 0 mm	1 mt 50 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.
<b>4x10 meter shuttle run</b>	14.967 sec	18.776 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
<b>600 meter run/walk</b>	3 min 47 sec 900ms	2 min 43 sec 624ms	A	A+	Sports Fit. Keep it up!
<b>50 mt. dash</b>	14.931 sec	17.218 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
<b>Partial curl up 30 sec</b>	6 times	14 times	A	A+	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
<b>Push Up /Modified Push Up</b>		8 times	A	A	Very Good. You can improve!

Grades indicate your own performance compared to last term :

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

### My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	28 kg	130 cm	16.57			✓		<= 14.00	< 16.20	< 18.60	> 21.00
<b>Previous BMI</b>	20 kg	121 cm	13.66	✓				<= 14.00	< 16.20	< 18.60	> 21.00

You can reduce your weight by 0.62 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

#### Dietary

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

#### Activity to be pursued

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

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## Fitness Assessment Report 2019-2020 Term-2

<b>Name</b>	JR. JAYESH	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	IV-B		
<b>Registration No</b>	1794001617941160 11486		
<b>Gender / DOB</b>	Boy / 02 Feb 2011		
<b>School Name</b>	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	24.0 cm	A	A+	Athletic. There is scope for improvement.
Standing broad jump	1 mt 0 cm 0 mm	1 mt 70 cm 0 mm	A	A+	Very Good. You can improve!
4x10 meter shuttle run	15.703 sec	18.975 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
600 meter run/walk	3 min 11 sec 128ms	2 min 43 sec 839ms	A	A+	Sports Fit. Keep it up!
50 mt. dash	14.522 sec	17.401 sec	A	A-	You can further improve your reaction speed ,acceleration 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	9 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		9 times	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: 8 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	30 kg	132 cm	17.22			✓		<= 13.80	< 15.80	< 18.00	> 20.00
Previous BMI	22 kg	124 cm	14.31		✓			<= 13.80	< 15.80	< 18.00	> 20.00

You can reduce your weight by 2.47 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.

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## Fitness Assessment Report 2019-2020 Term-2

**Name** K. DHARANITHARAN **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 11432  
**Gender / DOB** Boy / 04 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	14.0 cm	34.0 cm	A	A+	Sports Fit. Keep it up!
Standing broad jump	1 mt 70 cm 0 mm	1 mt 70 cm 0 mm	A	A	Very Good. You can improve!
4x10 meter shuttle run	13.883 sec	19.158 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
600 meter run/walk	3 min 2 sec 819ms	2 min 44 sec 71ms	A	A+	Sports Fit. Keep it up!
50 mt. dash	14.704 sec	15.832 sec	A	A-	You can further improve your reaction speed ,acceleration 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	22 times	14 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		12 times	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	34 kg	136 cm	18.38				✓	<= 13.80	< 15.80	< 18.00	> 20.00
Previous BMI	24 kg	135 cm	13.17	✓				<= 13.80	< 15.80	< 18.00	> 20.00

You can reduce your weight by 4.78 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

#### Dietary

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

#### Activity to be pursued

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

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## Fitness Assessment Report 2019-2020 Term-2

<b>Name</b>	K. KAMLESH	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	IV-B		
<b>Registration No</b>	1794001617941160 11483		
<b>Gender / DOB</b>	Boy / 03 Sep 2010		
<b>School Name</b>	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	35.0 cm	A	A+	Sports Fit. Keep it up!
Standing broad jump	1 mt 70 cm 0 mm	1 mt 64 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	14.134 sec	19.340 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
600 meter run/walk	3 min 3 sec 52ms	2 min 44 sec 237ms	A	A+	Sports Fit. Keep it up!
50 mt. dash	14.888 sec	17.583 sec	A	A-	You can further improve your reaction speed ,acceleration 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	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		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: 9 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	30 kg	132 cm	17.22			✓		<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	21 kg	130 cm	12.43	✓				<= 14.00	< 16.20	< 18.60	> 21.00

You can reduce your weight by 1.77 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** K. SARAN **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 11749  
**Gender / DOB** Boy / 28 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	16.0 cm	35.0 cm	A	A+	Sports Fit. Keep it up!
Standing broad jump	1 mt 0 cm 0 mm	1 mt 50 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	14.551 sec	18.328 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
600 meter run/walk	2 min 59 sec 53ms	3 min 6 sec 125ms	A	A-	Sports Fit. Keep it up!
50 mt. dash	15.205 sec	16.146 sec	A	A-	You can further improve your reaction speed ,acceleration 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	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: 9 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	30 kg	132 cm	17.22			✓		<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	21 kg	121 cm	14.34		✓			<= 14.00	< 16.20	< 18.60	> 21.00

You can reduce your weight by 1.77 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** KR. JITHU **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 12520  
**Gender / DOB** Boy / 12 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	12.0 cm	34.0 cm	A	A+	Sports Fit. Keep it up!
Standing broad jump	1 mt 10 cm 0 mm	1 mt 10 cm 0 mm	A	A	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	14.786 sec	18.560 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
600 meter run/walk	4 min 51 sec 205ms	3 min 6 sec 306ms	A	A+	Sports Fit. Keep it up!
50 mt. dash	15.373 sec	17.749 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	12 times	14 times	A	A+	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
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: 8 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	30 kg	134 cm	16.71			✓		<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	35 kg	137 cm	18.65				✓	<= 14.00	< 16.20	< 18.60	> 21.00

You can reduce your weight by 0.91 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** KS. JAHASHRI **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 11422  
**Gender / DOB** Girl / 01 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	9.0 cm	35.0 cm	A	A+	Sports Fit. Keep it up!
Standing broad jump	1 mt 0 cm 0 mm	1 mt 50 cm 0 mm	A	A+	Sports Fit. Keep it up!
4x10 meter shuttle run	14.969 sec	18.726 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	2 min 58 sec 537ms	3 min 6 sec 472ms	A	A-	Sports Fit. Keep it up!
50 mt. dash	15.540 sec	15.997 sec	A	A-	You can further improve your reaction speed ,acceleration 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	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 Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	30 kg	136 cm	16.22			✓		<= 13.80	< 16.20	< 19.00	> 21.60
Previous BMI	26 kg	133 cm	14.70		✓			<= 13.80	< 16.20	< 19.00	> 21.60

You can reduce your weight by 0.04 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

#### Dietary

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

#### Activity to be pursued

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

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## Fitness Assessment Report 2019-2020 Term-2

**Name** LAKSHMI MEENA **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 11525  
**Gender / DOB** Girl / 18 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	18.0 cm	26.0 cm	A	A+	Athletic. There is scope for improvement.
Standing broad jump	1 mt 0 cm 0 mm	1 mt 64 cm 0 mm	A	A+	Sports Fit. Keep it up!
4x10 meter shuttle run	15.137 sec	19.41 sec	A	A-	Very Good. You can improve!
600 meter run/walk	2 min 58 sec 872ms	3 min 6 sec 621ms	A	A-	Sports Fit. Keep it up!
50 mt. dash	15.690 sec	16.296 sec	A	A-	You can further improve your reaction speed ,acceleration 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	You can 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	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 Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	22 kg	136 cm	11.89	✓				<= 13.80	< 16.20	< 19.00	> 21.60
Previous BMI	20 kg	124 cm	13.01	✓				<= 13.80	< 16.20	< 19.00	> 21.60

You can increase your weight by 7.96 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

#### Dietary

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

#### Activity to be pursued

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

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

## Fitness Assessment Report 2019-2020 Term-2

**Name** M. BALAKATHIR **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 11588  
**Gender / DOB** Boy / 20 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	18.0 cm	35.0 cm	A	A+	Sports Fit. Keep it up!
Standing broad jump	1 mt 70 cm 0 mm	1 mt 70 cm 0 mm	A	A	Very Good. You can improve!
4x10 meter shuttle run	15.754 sec	19.240 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
600 meter run/walk	2 min 58 sec 705ms	3 min 6 sec 787ms	A	A-	Sports Fit. Keep it up!
50 mt. dash	13.347 sec	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	16 times	10 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		4 times	A	A	You can 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	30 kg	136 cm	16.22			✓		<= 13.80	< 15.80	< 18.00	> 20.00
Previous BMI	24 kg	130 cm	14.20		✓			<= 13.80	< 15.80	< 18.00	> 20.00

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

#### Dietary

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

#### Activity to be pursued

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

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. DEEPIKA **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 11433  
**Gender / DOB** Girl / 27 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	7.0 cm	35.0 cm	A	A+	Sports Fit. Keep it up!
Standing broad jump	1 mt 0 cm 0 mm	1 mt 50 cm 0 mm	A	A+	Sports Fit. Keep it up!
4x10 meter shuttle run	13.332 sec	19.870 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
600 meter run/walk	2 min 58 sec 370ms	3 min 6 sec 953ms	A	A-	Sports Fit. Keep it up!
50 mt. dash	13.531 sec	16.445 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
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	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 Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	30 kg	132 cm	17.22			✓		<= 13.80	< 16.20	< 19.00	> 21.60
Previous BMI	20 kg	135 cm	10.97	✓				<= 13.80	< 16.20	< 19.00	> 21.60

You can reduce your weight by 1.77 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 FitKVia Dashboard by logging into the following link with your UserID and Password : <http://FitKVia.in>.

## Fitness Assessment Report 2019-2020 Term-2

**Name** M. VISHNU **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 11425  
**Gender / DOB** Boy / 18 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	18.0 cm	35.0 cm	A	A+	Sports Fit. Keep it up!
Standing broad jump	1 mt 0 cm 0 mm	1 mt 60 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	13.632 sec	20.102 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
600 meter run/walk	2 min 59 sec 205ms	3 min 7 sec 102ms	A	A-	Sports Fit. Keep it up!
50 mt. dash	13.681 sec	16.610 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	12 times	10 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		8 times	A	A	Very Good. You can improve!

Grades indicate your own performance compared to last term :

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

### My Body Mass Index(BMI)

BMI Benchmark: 8 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	30 kg	134 cm	16.71			✓		<= 13.80	< 15.80	< 18.00	> 20.00
Previous BMI	19 kg	125 cm	12.16	✓				<= 13.80	< 15.80	< 18.00	> 20.00

You can reduce your weight by 1.63 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

#### Dietary

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

#### Activity to be pursued

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

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



## Fitness Assessment Report 2019-2020 Term-2

<b>Name</b>	MOHAMED TAREEK	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	IV-B		
<b>Registration No</b>	1794001617941160 11481		
<b>Gender / DOB</b>	Boy / 06 Apr 2010		
<b>School Name</b>	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
<b>Sit and reach test</b>	16.0 cm	35.0 cm	A	A+	Sports Fit. Keep it up!
<b>Standing broad jump</b>	1 mt 70 cm 0 mm	1 mt 50 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.
<b>4x10 meter shuttle run</b>	13.816 sec	20.318 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
<b>600 meter run/walk</b>	3 min 12 sec 770ms	3 min 7 sec 268ms	A	A+	Sports Fit. Keep it up!
<b>50 mt. dash</b>	13.821 sec	18.114 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
<b>Partial curl up 30 sec</b>	1 times	10 times	A	A+	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
<b>Push Up /Modified Push Up</b>		8 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

### My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	30 kg	134 cm	16.71			✓		<= 14.00	< 16.20	< 18.60	> 21.00
<b>Previous BMI</b>	23 kg	123 cm	15.20		✓			<= 14.00	< 16.20	< 18.60	> 21.00

You can reduce your weight by 0.91 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** MR DHAYA SHREE **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 17940016179411812692  
**Gender / DOB** Girl / 06 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	16.0 cm	26.0 cm	A	A+	Athletic. There is scope for improvement.
Standing broad jump	1 mt 0 cm 0 mm	1 mt 60 cm 0 mm	A	A+	Sports Fit. Keep it up!
4x10 meter shuttle run	13.983 sec	17.530 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	4 min 51 sec 923ms	3 min 59 sec 519ms	A	A+	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	13.965 sec	18.346 sec	A	A-	You can further improve your reaction speed ,acceleration 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	14 times	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	34 kg	136 cm	18.38			✓		<= 13.80	< 16.20	< 19.00	> 21.60
Previous BMI	29 kg	133 cm	16.39			✓		<= 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.

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## Fitness Assessment Report 2019-2020 Term-2

**Name** MS YASWANT **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 179400161794119012780  
**Gender / DOB** Boy / 29 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	16.0 cm	35.0 cm	A	A+	Sports Fit. Keep it up!
Standing broad jump	1 mt 50 cm 0 mm	1 mt 60 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	14.219 sec	17.696 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	2 min 58 sec 87ms	3 min 59 sec 751ms	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	14.115 sec	16.375 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	18 times	12 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
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	136 cm	18.38			✓		<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	25 kg	134 cm	13.92	✓				<= 14.00	< 16.20	< 18.60	> 21.00

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

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

#### Activity to be pursued

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

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## Fitness Assessment Report 2019-2020 Term-2

**Name** MS. VIVEKA **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941170 11484  
**Gender / DOB** Girl / 06 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	14.0 cm	34.0 cm	A	A+	Sports Fit. Keep it up!
Standing broad jump	1 mt 0 cm 0 mm	1 mt 90 cm 0 mm	A	A+	Sports Fit. Keep it up!
4x10 meter shuttle run	14.418 sec	17.845 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	2 min 58 sec 340ms	3 min 59 sec 950ms	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	14.266 sec	16.557 sec	A	A-	You can further improve your reaction speed ,acceleration 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		21 times	A	A	Athletic. There is scope for improvement.
Push Up /Modified Push Up	14 times	15 times	A	A+	Sports Fit. Keep it up!

Grades indicate your own performance compared to last term :

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

### My Body Mass Index(BMI)

BMI Benchmark: 8 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	30 kg	134 cm	16.71			✓		<= 13.80	< 16.20	< 19.00	> 21.60
Previous BMI	24 kg	123 cm	15.86		✓			<= 13.80	< 16.20	< 19.00	> 21.60

You can reduce your weight by 0.91 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.

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## Fitness Assessment Report 2019-2020 Term-2

<b>Name</b>	N. NAVISH KUMAR	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	IV-B		
<b>Registration No</b>	1794001617941160 11427		
<b>Gender / DOB</b>	Boy / 18 Nov 2009		
<b>School Name</b>	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	35.0 cm	A	A+	Sports Fit. Keep it up!
Standing broad jump	1 mt 70 cm 0 mm	1 mt 10 cm 0 mm	A	A-	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	14.617 sec	17.995 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
600 meter run/walk	3 min 46 sec 60ms	4 min 0 sec 149ms	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	14.417 sec	16.925 sec	A	A-	You can further improve your reaction speed ,acceleration 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	7 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		9 times	A	A	Very Good. You can improve!

Grades indicate your own performance compared to last term :

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

### My Body Mass Index(BMI)

BMI Benchmark: 9 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	45 kg	136 cm	24.33				✓	<= 14.20	< 16.60	< 19.40	> 22.00
Previous BMI	35 kg	132 cm	20.09				✓	<= 14.20	< 16.60	< 19.40	> 22.00

You can reduce your weight by 14.3 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

#### Dietary

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

#### Activity to be pursued

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

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## Fitness Assessment Report 2019-2020 Term-2

**Name** NS. HARINI **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941170 12032  
**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	7.0 cm	26.0 cm	A	A+	Athletic. There is scope for improvement.
Standing broad jump	1 mt 50 cm 0 mm	1 mt 88 cm 0 mm	A	A+	Sports Fit. Keep it up!
4x10 meter shuttle run	13.896 sec	18.160 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	3 min 48 sec 99ms	4 min 0 sec 365ms	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	12.240 sec	16.756 sec	A	A-	You can further improve your reaction speed ,acceleration 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	14 times	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 Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	40 kg	136 cm	21.63				✓	<= 13.80	< 16.20	< 19.00	> 21.60
Previous BMI	25 kg	130 cm	14.79		✓			<= 13.80	< 16.20	< 19.00	> 21.60

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.

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## Fitness Assessment Report 2019-2020 Term-2

**Name** P. KANSHIKA **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 11743  
**Gender / DOB** Girl / 10 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
<b>Sit and reach test</b>	10.0 cm	20.0 cm	A	A+	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 50 cm 0 mm	1 mt 88 cm 0 mm	A	A+	Sports Fit. Keep it up!
<b>4x10 meter shuttle run</b>	14.787 sec	18.326 sec	A	A-	Sports Fit. Keep it up!
<b>600 meter run/walk</b>	3 min 48 sec 283ms	4 min 1 sec 276ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
<b>50 mt. dash</b>	12.422 sec	17.154 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
<b>Partial curl up 30 sec</b>		16 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
<b>Push Up /Modified Push Up</b>	14 times	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 Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	30 kg	136 cm	16.22			✓		<= 13.80	< 16.20	< 19.00	> 21.60
<b>Previous BMI</b>	40 kg	135 cm	21.95				✓	<= 13.80	< 16.20	< 19.00	> 21.60

You can reduce your weight by 0.04 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.

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## Fitness Assessment Report 2019-2020 Term-2

<b>Name</b>	P. SHARMI	<b>Period:</b>	Oct 2019 to May 2020
<b>Class</b>	IV-B		
<b>Registration No</b>	1794001617941160 11482		
<b>Gender / DOB</b>	Girl / 24 May 2010		
<b>School Name</b>	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
<b>Sit and reach test</b>	14.0 cm	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.
<b>Standing broad jump</b>	1 mt 70 cm 0 mm	1 mt 60 cm 0 mm	A	A-	Sports Fit. Keep it up!
<b>4x10 meter shuttle run</b>	14.63 sec	18.492 sec	A	A-	Sports Fit. Keep it up!
<b>600 meter run/walk</b>	4 min 52 sec 391ms	4 min 1 sec 741ms	A	A+	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
<b>50 mt. dash</b>	12.590 sec	17.369 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
<b>Partial curl up 30 sec</b>		14 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
<b>Push Up /Modified Push Up</b>	14 times	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 Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	36 kg	136 cm	19.46				✓	<= 13.80	< 16.20	< 19.00	> 21.60
<b>Previous BMI</b>	31 kg	135 cm	17.01			✓		<= 13.80	< 16.20	< 19.00	> 21.60

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

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

#### Activity to be pursued

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

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## Fitness Assessment Report 2019-2020 Term-2

**Name** R. AKILESH **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941170 11521  
**Gender / DOB** Boy / 28 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	17.0 cm	26.0 cm	A	A+	Athletic. There is scope for improvement.
Standing broad jump	1 mt 50 cm 0 mm	1 mt 80 cm 0 mm	A	A+	Sports Fit. Keep it up!
4x10 meter shuttle run	14.229 sec	18.657 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
600 meter run/walk	3 min 15 sec 239ms	4 min 2 sec 752ms	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	12.756 sec	17.585 sec	A	A-	You can further improve your reaction speed, acceleration 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	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	30 kg	138 cm	15.75		✓			<= 13.80	< 15.80	< 18.00	> 20.00
Previous BMI	26 kg	136 cm	14.06		✓			<= 13.80	< 15.80	< 18.00	> 20.00

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** R. MONICA SHREE **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 11434  
**Gender / DOB** Girl / 24 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
<b>Sit and reach test</b>	16.0 cm	20.0 cm	A	A+	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
<b>Standing broad jump</b>	1 mt 0 cm 0 mm	1 mt 60 cm 0 mm	A	A+	Sports Fit. Keep it up!
<b>4x10 meter shuttle run</b>	14.382 sec	16.38 sec	A	A-	Sports Fit. Keep it up!
<b>600 meter run/walk</b>	3 min 15 sec 640ms	5 min 9 sec 700ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
<b>50 mt. dash</b>	12.907 sec	17.800 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
<b>Partial curl up 30 sec</b>		14 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
<b>Push Up /Modified Push Up</b>	9 times	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 Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
<b>Current BMI</b>	30 kg	136 cm	16.22			✓		<= 13.80	< 16.20	< 19.00	> 21.60
<b>Previous BMI</b>	23 kg	129 cm	13.82		✓			<= 13.80	< 16.20	< 19.00	> 21.60

You can reduce your weight by 0.04 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. PAVI KARTHIGA **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941170 11986  
**Gender / DOB** Girl / 19 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	17.0 cm	31.0 cm	A	A+	Sports Fit. Keep it up!
Standing broad jump	1 mt 70 cm 0 mm	1 mt 60 cm 0 mm	A	A-	Sports Fit. Keep it up!
4x10 meter shuttle run	14.549 sec	16.236 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	3 min 0 sec 661ms	2 min 29 sec 576ms	A	A+	Sports Fit. Keep it up!
50 mt. dash	13.58 sec	18.16 sec	A	A-	You can further improve your reaction speed ,acceleration 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	14 times	15 times	A	A+	Sports Fit. Keep it up!

Grades indicate your own performance compared to last term :

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

### My Body Mass Index(BMI)

BMI Benchmark: 8 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	30 kg	136 cm	16.22			✓		<= 13.60	< 15.80	< 18.20	> 20.60
Previous BMI	22 kg	130 cm	13.02	✓				<= 13.60	< 15.80	< 18.20	> 20.60

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

#### Dietary

- 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. RATHIKA **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 11745  
**Gender / DOB** Girl / 04 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	8.0 cm	26.0 cm	A	A+	Athletic. There is scope for improvement.
Standing broad jump	1 mt 50 cm 0 mm	1 mt 60 cm 0 mm	A	A+	Sports Fit. Keep it up!
4x10 meter shuttle run	14.716 sec	16.452 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	3 min 15 sec 994ms	5 min 13 sec 347ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	13.709 sec	16.160 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
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	16 times	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 Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	30 kg	136 cm	16.22			✓		<= 13.80	< 16.20	< 19.00	> 21.60
Previous BMI	29 kg	133 cm	16.39			✓		<= 13.80	< 16.20	< 19.00	> 21.60

You can reduce your weight by 0.04 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.

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## Fitness Assessment Report 2019-2020 Term-2

**Name** R. SABARIVATSAN **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 11570  
**Gender / DOB** Boy / 02 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	30.0 cm	22.0 cm	A	A-	Athletic. There is scope for improvement.
Standing broad jump	1 mt 0 cm 0 mm	1 mt 80 cm 0 mm	A	A+	Sports Fit. Keep it up!
4x10 meter shuttle run	14.915 sec	16.700 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	3 min 0 sec 194ms	5 min 17 sec 558ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	13.858 sec	16.474 sec	A	A-	You can further improve your reaction speed ,acceleration 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	22 times	12 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		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	30 kg	136 cm	16.22			✓		<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	28 kg	136 cm	15.14		✓			<= 14.00	< 16.20	< 18.60	> 21.00

You can reduce your weight by 0.04 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.

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## Fitness Assessment Report 2019-2020 Term-2

**Name** R. SUDHARSANAVEL **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941180 12332  
**Gender / DOB** Boy / 25 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	10.0 cm	31.0 cm	A	A+	Sports Fit. Keep it up!
Standing broad jump	1 mt 70 cm 0 mm	1 mt 70 cm 0 mm	A	A	Very Good. You can improve!
4x10 meter shuttle run	15.616 sec	17.164 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	4 min 52 sec 259ms	6 min 41 sec 784ms	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	12.401 sec	16.325 sec	A	A-	You can further improve your reaction speed ,acceleration 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	22 times	12 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		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	30 kg	138 cm	15.75		✓			<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	23 kg	128 cm	14.04		✓			<= 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** R. SUJAN **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941170 12110  
**Gender / DOB** Boy / 25 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	18.0 cm	24.0 cm	A	A+	Athletic. There is scope for improvement.
Standing broad jump	1 mt 80 cm 0 mm	1 mt 60 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	13.101 sec	17.331 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	3 min 47 sec 698ms	5 min 19 sec 762ms	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	12.571 sec	16.790 sec	A	A-	You can further improve your reaction speed ,acceleration 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	22 times	12 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		10 times	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	30 kg	136 cm	16.22			✓		<= 13.80	< 15.80	< 18.00	> 20.00
Previous BMI	25 kg	139 cm	12.94	✓				<= 13.80	< 15.80	< 18.00	> 20.00

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

#### Dietary

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

#### Activity to be pursued

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

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

## Fitness Assessment Report 2019-2020 Term-2

**Name** RS KISHORE **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 179400161794119012741  
**Gender / DOB** Boy / 06 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	17.0 cm	28.0 cm	A	A+	Sports Fit. Keep it up!
Standing broad jump	1 mt 0 cm 0 mm	1 mt 80 cm 0 mm	A	A+	Sports Fit. Keep it up!
4x10 meter shuttle run	13.369 sec	17.513 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	3 min 46 sec 913ms	5 min 25 sec 928ms	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	12.753 sec	16.972 sec	A	A-	You can further improve your reaction speed ,acceleration 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	9 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		9 times	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	134 cm	16.71			✓		<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	29 kg	126 cm	18.27			✓		<= 14.00	< 16.20	< 18.60	> 21.00

You can reduce your weight by 0.91 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.

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## Fitness Assessment Report 2019-2020 Term-2

**Name** RS. YOGAVISWA **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 11763  
**Gender / DOB** Boy / 04 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	16.0 cm	34.0 cm	A	A+	Sports Fit. Keep it up!
Standing broad jump	90.0 cm	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	13.555 sec	17.695 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	3 min 48 sec 483ms	5 min 25 sec 581ms	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	12.921 sec	24.38 sec	A	A-	You can further improve your reaction speed ,acceleration 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	4 times	9 times	A	A+	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		9 times	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	45 kg	136 cm	24.33				✓	<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	36 kg	130 cm	21.30				✓	<= 14.00	< 16.20	< 18.60	> 21.00

You can reduce your weight by 15.04 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** S ASWITHA **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 179400161794119012702  
**Gender / DOB** Girl / 21 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	20.0 cm	26.0 cm	A	A+	Athletic. There is scope for improvement.
Standing broad jump	1 mt 0 cm 0 mm	1 mt 70 cm 0 mm	A	A+	Sports Fit. Keep it up!
4x10 meter shuttle run	13.704 sec	15.109 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	2 min 59 sec 343ms	5 min 28 sec 581ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	13.88 sec	23.873 sec	A	A-	You can further improve your reaction speed ,acceleration 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	16 times	15 times	A	A-	Sports Fit. Keep it up!

Grades indicate your own performance compared to last term :

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

### My Body Mass Index(BMI)

BMI Benchmark: 8 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	38 kg	136 cm	20.54				✓	<= 13.80	< 16.20	< 19.00	> 21.60
Previous BMI	35 kg	134 cm	19.49				✓	<= 13.80	< 16.20	< 19.00	> 21.60

You can reduce your weight by 8.04 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.

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## Fitness Assessment Report 2019-2020 Term-2

**Name** S. DANYA SHRI **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 12498  
**Gender / DOB** Girl / 30 Oct 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	15.0 cm	31.0 cm	A	A+	Sports Fit. Keep it up!
Standing broad jump	1 mt 0 cm 0 mm	1 mt 60 cm 0 mm	A	A+	Sports Fit. Keep it up!
4x10 meter shuttle run	13.886 sec	15.754 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	2 min 53 sec 923ms	6 min 42 sec 299ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	13.273 sec	17.138 sec	A	A-	You can further improve your reaction speed ,acceleration 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	16 times	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 Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	36 kg	136 cm	19.46			✓		<= 14.00	< 16.80	< 19.80	> 23.00
Previous BMI	30 kg	129 cm	18.03			✓		<= 14.00	< 16.80	< 19.80	> 23.00

You can reduce your weight by 4.93 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

#### Dietary

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

#### Activity to be pursued

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

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## Fitness Assessment Report 2019-2020 Term-2

**Name** S. HARISHRAGAV **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941170 12116  
**Gender / DOB** Boy / 02 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	7.0 cm	31.0 cm	A	A+	Sports Fit. Keep it up!
Standing broad jump	90.0 cm	1 mt 40 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	14.20 sec	15.935 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	3 min 1 sec 78ms	5 min 29 sec 128ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	13.421 sec	17.287 sec	A	A-	You can further improve your reaction speed ,acceleration 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	7 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		9 times	A	A	Athletic. There is scope for improvement.

Grades indicate your own performance compared to last term :

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

### My Body Mass Index(BMI)

BMI Benchmark: 8 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	38 kg	136 cm	20.54				✓	<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	28 kg	129 cm	16.83			✓		<= 14.00	< 16.20	< 18.60	> 21.00

You can reduce your weight by 8.04 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.

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## Fitness Assessment Report 2019-2020 Term-2

**Name** S. HARSIKA **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 11612  
**Gender / DOB** Girl / 20 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	10.0 cm	26.0 cm	A	A+	Athletic. There is scope for improvement.
Standing broad jump	1 mt 10 cm 0 mm	1 mt 10 cm 0 mm	A	A	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	14.188 sec	19.779 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
600 meter run/walk	4 min 51 sec 589ms	6 min 40 sec 956ms	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	18.551 sec	23.690 sec	A	A-	You can further improve your reaction speed ,acceleration 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	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up	6 times	9 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	45 kg	142 cm	22.32				✓	<= 13.80	< 16.20	< 19.00	> 21.60
Previous BMI	51 kg	148 cm	23.28				✓	<= 13.80	< 16.20	< 19.00	> 21.60

You can reduce your weight by 12.33 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

#### Dietary

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

#### Activity to be pursued

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

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## Fitness Assessment Report 2019-2020 Term-2

**Name** S. KANISTHAN **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 11685  
**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	16.0 cm	31.0 cm	A	A+	Sports Fit. Keep it up!
Standing broad jump	1 mt 50 cm 0 mm	1 mt 60 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	14.339 sec	15.532 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	4 min 52 sec 725ms	2 min 29 sec 958ms	A	A+	Sports Fit. Keep it up!
50 mt. dash	13.591 sec	17.453 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	8 times	12 times	A	A+	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		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	136 cm	18.38			✓		<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	24 kg	127 cm	14.88		✓			<= 14.00	< 16.20	< 18.60	> 21.00

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

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

#### Activity to be pursued

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

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## Fitness Assessment Report 2019-2020 Term-2

**Name** S. LAKSHMITHRA **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 11523  
**Gender / DOB** Girl / 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	20.0 cm	34.0 cm	A	A+	Sports Fit. Keep it up!
Standing broad jump	1 mt 50 cm 0 mm	1 mt 80 cm 0 mm	A	A+	Sports Fit. Keep it up!
4x10 meter shuttle run	14.401 sec	19.945 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
600 meter run/walk	2 min 53 sec 586ms	2 min 29 sec 775ms	A	A+	Sports Fit. Keep it up!
50 mt. dash	12.754 sec	16.839 sec	A	A-	You can further improve your reaction speed ,acceleration 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	You can 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	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 Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	36 kg	136 cm	19.46				✓	<= 13.80	< 16.20	< 19.00	> 21.60
Previous BMI	28 kg	140 cm	14.29		✓			<= 13.80	< 16.20	< 19.00	> 21.60

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.

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## Fitness Assessment Report 2019-2020 Term-2

**Name** S. LOGAN **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 11421  
**Gender / DOB** Boy / 24 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	20.0 cm	35.0 cm	A	A+	Sports Fit. Keep it up!
Standing broad jump	1 mt 20 cm 0 mm	1 mt 70 cm 0 mm	A	A+	Very Good. You can improve!
4x10 meter shuttle run	14.598 sec	20.127 sec	A	A-	You can further improve your agility through change of direction activities like zigzag run, agility hurdles, Two Jumps Forward, One Jump Back, Squat Out / Hop In, Lateral Jumps With Agility Ladder and crisscross rope jumping.
600 meter run/walk	4 min 52 sec 57ms	6 min 41 sec 420ms	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	12.935 sec	24.237 sec	A	A-	You can further improve your reaction speed, acceleration 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	7 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		9 times	A	A	Athletic. There is scope for improvement.

Grades indicate your own performance compared to last term :

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

### My Body Mass Index(BMI)

BMI Benchmark: 8 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	30 kg	136 cm	16.22			✓		<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	25 kg	131 cm	14.57		✓			<= 14.00	< 16.20	< 18.60	> 21.00

You can reduce your weight by 0.04 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.

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## Fitness Assessment Report 2019-2020 Term-2

**Name** S. MIRRASHRI **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941170 12119  
**Gender / DOB** Girl / 10 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	22.0 cm	31.0 cm	A	A+	Sports Fit. Keep it up!
Standing broad jump	1 mt 50 cm 0 mm	1 mt 88 cm 0 mm	A	A+	Sports Fit. Keep it up!
4x10 meter shuttle run	14.799 sec	14.6 sec	A	A+	Sports Fit. Keep it up!
600 meter run/walk	2 min 54 sec 88ms	2 min 30 sec 157ms	A	A+	Sports Fit. Keep it up!
50 mt. dash	13.252 sec	17.635 sec	A	A-	You can further improve your reaction speed ,acceleration 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	14 times	15 times	A	A+	Sports Fit. Keep it up!

Grades indicate your own performance compared to last term :

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

### My Body Mass Index(BMI)

BMI Benchmark: 8 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	22 kg	130 cm	13.02	✓				<= 13.80	< 16.20	< 19.00	> 21.60
Previous BMI	29 kg	121 cm	19.81				✓	<= 13.80	< 16.20	< 19.00	> 21.60

You can increase your weight by 5.38 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

#### Dietary

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

#### Activity to be pursued

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

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

## Fitness Assessment Report 2019-2020 Term-2

**Name** S. NIVETHA **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 11554  
**Gender / DOB** Girl / 30 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	12.0 cm	31.0 cm	A	A+	Sports Fit. Keep it up!
Standing broad jump	1 mt 20 cm 0 mm	1 mt 60 cm 0 mm	A	A+	Sports Fit. Keep it up!
4x10 meter shuttle run	14.982 sec	14.189 sec	A	A+	Sports Fit. Keep it up!
600 meter run/walk	2 min 54 sec 255ms	2 min 30 sec 306ms	A	A+	Sports Fit. Keep it up!
50 mt. dash	13.102 sec	17.883 sec	A	A-	You can further improve your reaction speed ,acceleration 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	12 times	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 Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	22 kg	136 cm	11.89	✓				<= 13.80	< 16.20	< 19.00	> 21.60
Previous BMI	26 kg	132 cm	14.92		✓			<= 13.80	< 16.20	< 19.00	> 21.60

You can increase your weight by 7.96 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

#### Dietary

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

#### Activity to be pursued

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

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

## Fitness Assessment Report 2019-2020 Term-2

**Name** S. PRABHAKARAN **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 11631  
**Gender / DOB** Boy / 08 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	12.0 cm	26.0 cm	A	A+	Athletic. There is scope for improvement.
Standing broad jump	1 mt 50 cm 0 mm	1 mt 70 cm 0 mm	A	A+	Very Good. You can improve!
4x10 meter shuttle run	15.133 sec	15.183 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	4 min 51 sec 756ms	2 min 40 sec 947ms	A	A+	Sports Fit. Keep it up!
50 mt. dash	13.406 sec	18.132 sec	A	A-	You can further improve your reaction speed ,acceleration 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	9 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		9 times	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: 8 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	30 kg	138 cm	15.75		✓			<= 13.80	< 15.80	< 18.00	> 20.00
Previous BMI	32 kg	142 cm	15.87			✓		<= 13.80	< 15.80	< 18.00	> 20.00

**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. RAJAMATHANGI **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 11487  
**Gender / DOB** Girl / 23 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	12.0 cm	31.0 cm	A	A+	Sports Fit. Keep it up!
Standing broad jump	1 mt 50 cm 0 mm	1 mt 90 cm 0 mm	A	A+	Sports Fit. Keep it up!
4x10 meter shuttle run	15.300 sec	15.34 sec	A	A+	Sports Fit. Keep it up!
600 meter run/walk	2 min 53 sec 401ms	2 min 29 sec 377ms	A	A+	Sports Fit. Keep it up!
50 mt. dash	13.570 sec	18.364 sec	A	A-	You can further improve your reaction speed ,acceleration 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		21 times	A	A	Athletic. There is scope for improvement.
Push Up /Modified Push Up	18 times	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	30 kg	138 cm	15.75		✓			<= 13.80	< 16.20	< 19.00	> 21.60
Previous BMI	23 kg	130 cm	13.61	✓				<= 13.80	< 16.20	< 19.00	> 21.60

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** SA. NISAANTH **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 11488  
**Gender / DOB** Boy / 01 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	17.0 cm	31.0 cm	A	A+	Sports Fit. Keep it up!
Standing broad jump	1 mt 50 cm 0 mm	1 mt 60 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	15.434 sec	15.382 sec	A	A+	Sports Fit. Keep it up!
600 meter run/walk	3 min 17 sec 595ms	2 min 30 sec 505ms	A	A+	Sports Fit. Keep it up!
50 mt. dash	13.704 sec	18.596 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	12 times	9 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
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	38 kg	136 cm	20.54				✓	<= 13.80	< 15.80	< 18.00	> 20.00
Previous BMI	24 kg	132 cm	13.77	✓				<= 13.80	< 15.80	< 18.00	> 20.00

You can reduce your weight by 8.78 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

#### Dietary

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

#### Activity to be pursued

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

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## Fitness Assessment Report 2019-2020 Term-2

**Name** SAKSHI JAIN **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 11777  
**Gender / DOB** Girl / 27 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	10.0 cm	31.0 cm	A	A+	Sports Fit. Keep it up!
Standing broad jump	90.0 cm	1 mt 40 cm 0 mm	A	A+	Very Good. You can improve!
4x10 meter shuttle run	16.68 sec	14.355 sec	A	A+	Sports Fit. Keep it up!
600 meter run/walk	3 min 1 sec 816ms	6 min 42 sec 149ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	13.856 sec	18.795 sec	A	A-	You can further improve your reaction speed ,acceleration 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	6 times	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 Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	22 kg	130 cm	13.02	✓				<= 13.80	< 16.20	< 19.00	> 21.60
Previous BMI	18 kg	111 cm	14.61		✓			<= 13.80	< 16.20	< 19.00	> 21.60

You can increase your weight by 5.38 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

#### Dietary

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

#### Activity to be pursued

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

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

## Fitness Assessment Report 2019-2020 Term-2

**Name** SM. TAMILKAVIYA **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941170 11669  
**Gender / DOB** Girl / 27 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	12.0 cm	31.0 cm	A	A+	Sports Fit. Keep it up!
Standing broad jump	1 mt 0 cm 0 mm	1 mt 80 cm 0 mm	A	A+	Sports Fit. Keep it up!
4x10 meter shuttle run	14.258 sec	16.118 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	2 min 54 sec 387ms	2 min 41 sec 461ms	A	A+	Sports Fit. Keep it up!
50 mt. dash	12.952 sec	18.994 sec	A	A-	You can further improve your reaction speed ,acceleration 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	16 times	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 Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	38 kg	136 cm	20.54				✓	<= 13.80	< 16.20	< 19.00	> 21.60
Previous BMI	25 kg	140 cm	12.76	✓				<= 13.80	< 16.20	< 19.00	> 21.60

You can reduce your weight by 8.04 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** SOWBARNIKA **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 11659  
**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	9.0 cm	31.0 cm	A	A+	Sports Fit. Keep it up!
Standing broad jump	1 mt 70 cm 0 mm	1 mt 70 cm 0 mm	A	A	Sports Fit. Keep it up!
4x10 meter shuttle run	14.440 sec	16.300 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	2 min 58 sec 171ms	2 min 30 sec 654ms	A	A+	Sports Fit. Keep it up!
50 mt. dash	13.638 sec	17.156 sec	A	A-	You can further improve your reaction speed ,acceleration 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	12 times	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 Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	38 kg	136 cm	20.54				✓	<= 13.80	< 16.20	< 19.00	> 21.60
Previous BMI	32 kg	133 cm	18.09			✓		<= 13.80	< 16.20	< 19.00	> 21.60

You can reduce your weight by 8.04 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** SRI SHAMBAVIKA **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 11747  
**Gender / DOB** Girl / 17 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	6.0 cm	34.0 cm	A	A+	Sports Fit. Keep it up!
Standing broad jump	1 mt 50 cm 0 mm	1 mt 70 cm 0 mm	A	A+	Sports Fit. Keep it up!
4x10 meter shuttle run	14.607 sec	16.499 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	2 min 54 sec 538ms	2 min 41 sec 693ms	A	A+	Sports Fit. Keep it up!
50 mt. dash	14.205 sec	16.776 sec	A	A-	You can further improve your reaction speed ,acceleration 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	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 Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	30 kg	138 cm	15.75		✓			<= 13.80	< 16.20	< 19.00	> 21.60
Previous BMI	24 kg	129 cm	14.42		✓			<= 13.80	< 16.20	< 19.00	> 21.60

**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. THARUN **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 11426  
**Gender / DOB** Boy / 16 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	14.0 cm	31.0 cm	A	A+	Sports Fit. Keep it up!
Standing broad jump	1 mt 10 cm 0 mm	1 mt 10 cm 0 mm	A	A	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	14.775 sec	16.714 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	3 min 16 sec 759ms	6 min 41 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 bhatti, bhastrika, bhramari).
50 mt. dash	14.773 sec	17.404 sec	A	A-	You can further improve your reaction speed ,acceleration 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	4 times	7 times	A	A+	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		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	30 kg	136 cm	16.22			✓		<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	28 kg	135 cm	15.36		✓			<= 14.00	< 16.20	< 18.60	> 21.00

You can reduce your weight by 0.04 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. JEEVA BEULA **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941160 11524  
**Gender / DOB** Girl / 16 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	31.0 cm	A	A+	Sports Fit. Keep it up!
Standing broad jump	1 mt 50 cm 0 mm	1 mt 60 cm 0 mm	A	A+	Sports Fit. Keep it up!
4x10 meter shuttle run	14.942 sec	17.444 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	2 min 58 sec 539ms	2 min 41 sec 892ms	A	A+	Sports Fit. Keep it up!
50 mt. dash	15.191 sec	17.587 sec	A	A-	You can further improve your reaction speed ,acceleration 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	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 Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	32 kg	134 cm	17.82			✓		<= 13.80	< 16.20	< 19.00	> 21.60
Previous BMI	22 kg	129 cm	13.22	✓				<= 13.80	< 16.20	< 19.00	> 21.60

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.

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## Fitness Assessment Report 2019-2020 Term-2

**Name** VS. KARTHI **Period:** Oct 2019 to May 2020  
**Class** IV-B  
**Registration No** 1794001617941170 12137  
**Gender / DOB** Boy / 24 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	13.0 cm	31.0 cm	A	A+	Sports Fit. Keep it up!
Standing broad jump	1 mt 20 cm 0 mm	1 mt 70 cm 0 mm	A	A+	Very Good. You can improve!
4x10 meter shuttle run	15.542 sec	14.520 sec	A	A+	Sports Fit. Keep it up!
600 meter run/walk	3 min 2 sec 832ms	6 min 42 sec 481ms	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	15.425 sec	17.835 sec	A	A-	You can further improve your reaction speed ,acceleration 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	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		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	30 kg	136 cm	16.22			✓		<= 14.00	< 16.20	< 18.60	> 21.00
Previous BMI	20 kg	123 cm	13.22	✓				<= 14.00	< 16.20	< 18.60	> 21.00

You can reduce your weight by 0.04 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.

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