

Fitness Assessment Report 2019-2020 Term-2

Name	A R SABARI NATHAN	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794112010257		
Gender / DOB	Boy / 03 Jan 2004		
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	14.0 cm	A	A+	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 80 cm 0 mm	1 mt 70 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		15.418 sec	A	A	Sports Fit. Keep it up!
600 meter run/walk	2 min 30 sec 483ms	3 min 5 sec 417ms	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).
600 meter run/walk	2 min 30 sec 483ms	3 min 5 sec 417ms	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).
600 meter run/walk	2 min 30 sec 483ms	3 min 5 sec 417ms	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	8.482 sec	8.588 sec	A	A-	You can further improve your reaction speed ,acceleration 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	45 times	13 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		7 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 15 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	48 kg	167 cm	17.21		✓			<= 16.60	< 19.80	< 23.40	> 26.80
Previous BMI	49 kg	167 cm	17.57		✓			<= 16.60	< 19.80	< 23.40	> 26.80

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

Dietary

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

Activity to be pursued

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

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

Fitness Assessment Report 2019-2020 Term-2

Name	A.ARUNTHATHI	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794111009675		
Gender / DOB	Girl / 03 Mar 2006		
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	11.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1 mt 9 cm 0 mm	1 mt 22 cm 0 mm	A	A+	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	13.203 sec	15.719 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	4 min 20 sec 598ms	5 min 2 sec 233ms	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).
600 meter run/walk	4 min 20 sec 598ms	5 min 2 sec 233ms	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).
600 meter run/walk	4 min 20 sec 598ms	5 min 2 sec 233ms	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).
600 meter run/walk	4 min 20 sec 598ms	5 min 2 sec 233ms	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	9.584 sec	10.872 sec	A	A-	You can further improve your reaction speed ,acceleration 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	7 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		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.

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 13 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	63 kg	168 cm	22.32			✓		<= 15.20	< 18.60	< 22.60	> 26.20
Previous BMI	63 kg	168 cm	22.32			✓		<= 15.20	< 18.60	< 22.60	> 26.20

You can reduce your weight by 10.5 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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

Fitness Assessment Report 2019-2020 Term-2

Name	A.JAYAPRIYAN	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794115011210		
Gender / DOB	Boy / 20 Aug 2005		
School Name	KENDRIYA VIDYALAYA NO 1 MADURAI		

Medical Profile

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

Divyang Profile

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

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	28.0 cm	23.0 cm	A	A-	Very Good. You can improve!
Standing broad jump	6.0 cm	1 mt 82 cm 0 mm	A	A+	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	10.650 sec	15.569 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	3 min 47 sec 837ms	3 min 5 sec 585ms	A	A+	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhrumari).
600 meter run/walk	3 min 47 sec 837ms	3 min 5 sec 585ms	A	A+	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhrumari).
50 mt. dash	11.292 sec	8.789 sec	A	A+	You can further improve your reaction speed ,acceleration 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	23 times	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		1 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 14 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	45 kg	139 cm	23.29				✓	<= 16.00	< 19.20	< 22.60	> 26.00
Previous BMI	43 kg	156 cm	17.67		✓			<= 16.00	< 19.20	< 22.60	> 26.00

You can reduce your weight by 7.9 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	A.SUBHASH	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794115011197		
Gender / DOB	Boy / 02 Feb 2006		
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	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.
Standing broad jump	2.5 cm	1 mt 85 cm 0 mm	A	A+	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	12.322 sec	10.90 sec	A	A+	Sports Fit. Keep it up!
600 meter run/walk	3 min 35 sec 519ms	3 min 5 sec 886ms	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).
600 meter run/walk	3 min 35 sec 519ms	3 min 5 sec 886ms	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).
600 meter run/walk	3 min 35 sec 519ms	3 min 5 sec 886ms	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).
600 meter run/walk	3 min 35 sec 519ms	3 min 5 sec 886ms	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	10.515 sec	8.989 sec	A	A+	You can further improve your reaction speed ,acceleration 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	25 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		1 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 13 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	48 kg	160 cm	18.75			✓		<= 15.40	< 18.40	< 21.80	> 25.20
Previous BMI	46 kg	157 cm	18.66			✓		<= 15.40	< 18.40	< 21.80	> 25.20

You can reduce your weight by 0.9 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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Fitness Assessment Report 2019-2020 Term-2

Name	ASWIN.M	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794111009702		
Gender / DOB	Boy / 19 Jan 2006		
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	13.0 cm	A	A+	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	9.5 cm	1 mt 52 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		15.853 sec	A	A	Sports Fit. Keep it up!
600 meter run/walk	4 min 53 sec 231ms	3 min 5 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	12.196 sec	9.156 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	17 times	17 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		1 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 13 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	68 kg	167 cm	24.38				✓	<= 15.40	< 18.40	< 21.80	> 25.20
Previous BMI	64 kg	164 cm	23.80				✓	<= 15.40	< 18.40	< 21.80	> 25.20

You can reduce your weight by 16.68 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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

Fitness Assessment Report 2019-2020 Term-2

Name	B.VIJAYALAKSHMI	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794111009801		
Gender / DOB	Girl / 26 Dec 2005		
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	10.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	5.8 cm	1 mt 25 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	13.657 sec	16.806 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	3 min 3 sec 918ms	5 min 2 sec 417ms	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).
600 meter run/walk	3 min 3 sec 918ms	5 min 2 sec 417ms	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).
600 meter run/walk	3 min 3 sec 918ms	5 min 2 sec 417ms	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).
600 meter run/walk	3 min 3 sec 918ms	5 min 2 sec 417ms	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	8.477 sec	11.22 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	12 times	12 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		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.

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 13 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	40 kg	163 cm	15.06	✓				<= 15.80	< 19.20	< 23.40	> 27.20
Previous BMI	40 kg	160 cm	15.63	✓				<= 15.80	< 19.20	< 23.40	> 27.20

You can increase your weight by 11.01 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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Fitness Assessment Report 2019-2020 Term-2

Name C.ARIVALAGAN **Period:** Oct 2019 to May 2020
Class IX-D
Registration No 179400161794111009741
Gender / DOB Boy / 18 Dec 2004
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	23.0 cm	A	A+	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	3.1 cm	1 mt 61 cm 0 mm	A	A+	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	12.124 sec	16.905 sec	A	A-	Very Good. You can improve!
600 meter run/walk	3 min 5 sec 198ms	3 min 6 sec 35ms	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	10.593 sec	9.356 sec	A	A+	You can further improve your reaction speed ,acceleration 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	11 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		1 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 14 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	45 kg	162 cm	17.15		✓			<= 16.60	< 19.80	< 23.40	> 26.80
Previous BMI	41 kg	160 cm	16.02	✓				<= 16.60	< 19.80	< 23.40	> 26.80

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	C.P.SREE HARINI	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794111009852		
Gender / DOB	Girl / 29 Dec 2004		
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	13.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	2.2 cm	1 mt 36 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		17.39 sec	A	A	Sports Fit. Keep it up!
600 meter run/walk	3 min 10 sec 458ms	5 min 2 sec 567ms	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	10.383 sec	11.173 sec	A	A-	You can further improve your reaction speed ,acceleration 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		21 times	A	A	Sports Fit. Keep it up!

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 14 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	56 kg	164 cm	20.82			✓		<= 16.20	< 19.80	< 24.00	> 28.00
Previous BMI	53 kg	154 cm	22.35			✓		<= 16.20	< 19.80	< 24.00	> 28.00

You can reduce your weight by 2.75 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.BHAGYA SRI	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794111009673		
Gender / DOB	Girl / 18 Oct 2004		
School Name	KENDRIYA VIDYALAYA NO 1 MADURAI		

Medical Profile

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

Divyang Profile

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

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	21.0 cm	9.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1.4 cm	1 mt 47 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	14.53 sec	17.172 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	5 min 5 sec 555ms	5 min 2 sec 734ms	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).
600 meter run/walk	5 min 5 sec 555ms	5 min 2 sec 734ms	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).
600 meter run/walk	5 min 5 sec 555ms	5 min 2 sec 734ms	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).
600 meter run/walk	5 min 5 sec 555ms	5 min 2 sec 734ms	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	12.230 sec	11.306 sec	A	A+	You can further improve your reaction speed ,acceleration 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	5 times	5 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		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.

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 14 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	45 kg	149 cm	20.27			✓		<= 16.20	< 19.80	< 24.00	> 28.00
Previous BMI	46 kg	148 cm	21.00			✓		<= 16.20	< 19.80	< 24.00	> 28.00

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

Dietary

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

Activity to be pursued

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

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Fitness Assessment Report 2019-2020 Term-2

Name	G.HARINI	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794116011720		
Gender / DOB	Girl / 30 Aug 2005		
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	11.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	9.2 cm	1 mt 5 cm 0 mm	A	A+	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	15.391 sec	15.106 sec	A	A+	Sports Fit. Keep it up!
600 meter run/walk	4 min 25 sec 885ms	5 min 2 sec 869ms	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).
600 meter run/walk	4 min 25 sec 885ms	5 min 2 sec 869ms	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).
600 meter run/walk	4 min 25 sec 885ms	5 min 2 sec 869ms	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	12.622 sec	11.440 sec	A	A+	You can further improve your reaction speed ,acceleration 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		7 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 14 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	46 kg	133 cm	26.00				✓	<= 15.80	< 19.20	< 23.40	> 27.20
Previous BMI	45 kg	152 cm	19.48			✓		<= 15.80	< 19.20	< 23.40	> 27.20

You can reduce your weight by 12.04 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	G.HARINI RIDHA	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794111009668		
Gender / DOB	Girl / 10 Jan 2006		
School Name	KENDRIYA VIDYALAYA NO 1 MADURAI		

Medical Profile

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

Divyang Profile

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

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	25.0 cm	12.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	4.2 cm	1 mt 33 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		15.273 sec	A	A	Sports Fit. Keep it up!
600 meter run/walk	4 min 24 sec 622ms	5 min 3 sec 34ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhrumari).
600 meter run/walk	4 min 24 sec 622ms	5 min 3 sec 34ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhrumari).
600 meter run/walk	4 min 24 sec 622ms	5 min 3 sec 34ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhrumari).
50 mt. dash	10.120 sec	11.557 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	13 times	13 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		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.

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 13 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	45 kg	159 cm	17.80		✓			<= 15.20	< 18.60	< 22.60	> 26.20
Previous BMI	48 kg	156 cm	19.72			✓		<= 15.20	< 18.60	< 22.60	> 26.20

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

Dietary

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

Activity to be pursued

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

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Fitness Assessment Report 2019-2020 Term-2

Name	G.K.POOJA	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794111009665		
Gender / DOB	Girl / 17 Nov 2005		
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	13.0 cm	A	A	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	3.0 cm	1 mt 35 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		15.440 sec	A	A	Sports Fit. Keep it up!
600 meter run/walk	5 min 18 sec 590ms	5 min 3 sec 168ms	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	9.887 sec	11.674 sec	A	A-	You can further improve your reaction speed ,acceleration 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	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	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: 13 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	56 kg	163 cm	21.08			✓		<= 15.80	< 19.20	< 23.40	> 27.20
Previous BMI	53 kg	162 cm	20.20			✓		<= 15.80	< 19.20	< 23.40	> 27.20

You can reduce your weight by 4.99 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	G.ROHITH	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794110009500		
Gender / DOB	Boy / 11 Mar 2004		
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	21.0 cm	A	A+	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	3.0 cm	1 mt 85 cm 0 mm	A	A+	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	11.603 sec	15.590 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	3 min 20 sec 641ms	3 min 6 sec 219ms	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).
600 meter run/walk	3 min 20 sec 641ms	3 min 6 sec 219ms	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).
600 meter run/walk	3 min 20 sec 641ms	3 min 6 sec 219ms	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	10.732 sec	11.807 sec	A	A-	You can further improve your reaction speed ,acceleration 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	38 times	19 times	A	A-	You can 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		2 times	A	A	You can 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: 15 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	51 kg	171 cm	17.44		✓			<= 16.60	< 19.80	< 23.40	> 26.80
Previous BMI	49 kg	167 cm	17.57		✓			<= 16.60	< 19.80	< 23.40	> 26.80

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

Dietary

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

Activity to be pursued

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

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Fitness Assessment Report 2019-2020 Term-2

Name	G.SOBICA	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794111009711		
Gender / DOB	Girl / 25 Aug 2005		
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	17.0 cm	A	A+	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1.9 cm	1 mt 22 cm 0 mm	A	A+	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run		15.874 sec	A	A	Sports Fit. Keep it up!
600 meter run/walk	3 min 11 sec 57ms	5 min 3 sec 337ms	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	12.817 sec	10.517 sec	A	A+	You can further improve your reaction speed ,acceleration 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	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	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 14 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	66 kg	163 cm	24.84				✓	<= 15.80	< 19.20	< 23.40	> 27.20
Previous BMI	67 kg	163 cm	25.22				✓	<= 15.80	< 19.20	< 23.40	> 27.20

You can reduce your weight by 14.99 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	J.JEBASINGH	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794111009681		
Gender / DOB	Boy / 18 Nov 2005		
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	16.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	3.7 cm	1 mt 89 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	15.816 sec	15.724 sec	A	A+	Sports Fit. Keep it up!
600 meter run/walk	5 min 3 sec 402ms	3 min 6 sec 386ms	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	11.905 sec	9.874 sec	A	A+	You can further improve your reaction speed ,acceleration 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	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		1 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 13 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	68 kg	138 cm	35.71				✓	<= 16.00	< 19.20	< 22.60	> 26.00
Previous BMI	59 kg	156 cm	24.24				✓	<= 16.00	< 19.20	< 22.60	> 26.00

You can reduce your weight by 31.44 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	J.RITHIKA	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794114010814		
Gender / DOB	Girl / 21 Jun 2005		
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	12.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	6.8 cm	1 mt 17 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		15.974 sec	A	A	Sports Fit. Keep it up!
600 meter run/walk	4 min 22 sec 496ms	4 min 14 sec 736ms	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).
600 meter run/walk	4 min 22 sec 496ms	4 min 14 sec 736ms	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).
600 meter run/walk	4 min 22 sec 496ms	4 min 14 sec 736ms	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).
600 meter run/walk	4 min 22 sec 496ms	4 min 14 sec 736ms	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	10.238 sec	10.333 sec	A	A-	You can further improve your reaction speed ,acceleration 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	7 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		20 times	A	A	Sports Fit. Keep it up!

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 14 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	50 kg	161 cm	19.29			✓		<= 15.80	< 19.20	< 23.40	> 27.20
Previous BMI	51 kg	160 cm	19.92			✓		<= 15.80	< 19.20	< 23.40	> 27.20

You can reduce your weight by 0.23 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 J.SHAREENI **Period:** Oct 2019 to May 2020
Class IX-D
Registration No 179400161794111009649
Gender / DOB Girl / 05 Apr 2005
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	13.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	9.8 cm	1 mt 29 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		16.125 sec	A	A	Sports Fit. Keep it up!
600 meter run/walk	3 min 52 sec 549ms	4 min 14 sec 937ms	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).
600 meter run/walk	3 min 52 sec 549ms	4 min 14 sec 937ms	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).
600 meter run/walk	3 min 52 sec 549ms	4 min 14 sec 937ms	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).
600 meter run/walk	3 min 52 sec 549ms	4 min 14 sec 937ms	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	12.816 sec	10.701 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	15 times	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		30 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: 14 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	42 kg	143 cm	20.54			✓		<= 15.80	< 19.20	< 23.40	> 27.20
Previous BMI	40 kg	142 cm	19.84			✓		<= 15.80	< 19.20	< 23.40	> 27.20

You can reduce your weight by 2.74 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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Fitness Assessment Report 2019-2020 Term-2

Name	J.SRIKANTH	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	1794001617941170111974		
Gender / DOB	Boy / 04 Dec 2005		
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	27.0 cm	A	A+	Athletic. There is scope for improvement.
Standing broad jump	4.0 cm	1 mt 58 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	14.497 sec	10.316 sec	A	A+	Sports Fit. Keep it up!
600 meter run/walk	3 min 15 sec 517ms	3 min 6 sec 537ms	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).
600 meter run/walk	3 min 15 sec 517ms	3 min 6 sec 537ms	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).
600 meter run/walk	3 min 15 sec 517ms	3 min 6 sec 537ms	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).
600 meter run/walk	3 min 15 sec 517ms	3 min 6 sec 537ms	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	11.700 sec	10.192 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	34 times	8 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		3 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 13 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	59 kg	173 cm	19.71			✓		<= 16.00	< 19.20	< 22.60	> 26.00
Previous BMI	58 kg	173 cm	19.38			✓		<= 16.00	< 19.20	< 22.60	> 26.00

You can reduce your weight by 1.54 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 HARISH VISHWA	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794110009523		
Gender / DOB	Boy / 03 Apr 2004		
School Name	KENDRIYA VIDYALAYA NO 1 MADURAI		

Medical Profile

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

Divyang Profile

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

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	15.0 cm	23.0 cm	A	A+	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	3.0 cm	1 mt 69 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		15.249 sec	A	A	Sports Fit. Keep it up!
600 meter run/walk	2 min 32 sec 587ms	3 min 14 sec 216ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
600 meter run/walk	2 min 32 sec 587ms	3 min 14 sec 216ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	9.841 sec	10.41 sec	A	A-	You can further improve your reaction speed ,acceleration 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	36 times	11 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		1 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

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: 15 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	55 kg	175 cm	17.96		✓			<= 16.60	< 19.80	< 23.40	> 26.80
Previous BMI	55 kg	175 cm	17.96		✓			<= 16.60	< 19.80	< 23.40	> 26.80

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

Dietary

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

Activity to be pursued

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

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Fitness Assessment Report 2019-2020 Term-2

Name	K JEEVANANTHAM	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794110009525		
Gender / DOB	Boy / 06 Jun 2004		
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	11.0 cm	27.0 cm	A	A+	Very Good. You can improve!
Standing broad jump	8.0 cm	1 mt 89 cm 0 mm	A	A+	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	12.123 sec	10.980 sec	A	A+	Sports Fit. Keep it up!
600 meter run/walk	4 min 3 sec 620ms	3 min 14 sec 450ms	A	A+	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhrumari).
600 meter run/walk	4 min 3 sec 620ms	3 min 14 sec 450ms	A	A+	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhrumari).
50 mt. dash	11.408 sec	9.475 sec	A	A+	You can further improve your reaction speed ,acceleration 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	26 times	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		1 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

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: 15 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	75 kg	173 cm	25.06				✓	<= 16.60	< 19.80	< 23.40	> 26.80
Previous BMI	75 kg	171 cm	25.65				✓	<= 16.60	< 19.80	< 23.40	> 26.80

You can reduce your weight by 15.74 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.BHUVANA SHREE	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794117012100		
Gender / DOB	Girl / 05 Nov 2005		
School Name	KENDRIYA VIDYALAYA NO 1 MADURAI		

Medical Profile

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

Divyang Profile

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

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	25.0 cm	11.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	9.8 cm	1 mt 25 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	14.210 sec	15.483 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	5 min 17 sec 674ms	4 min 15 sec 104ms	A	A+	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	12.511 sec	9.998 sec	A	A+	You can further improve your reaction speed ,acceleration 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	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		20 times	A	A	Sports Fit. Keep it up!

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 13 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	58 kg	153 cm	24.78				✓	<= 15.80	< 19.20	< 23.40	> 27.20
Previous BMI	59 kg	151 cm	25.88				✓	<= 15.80	< 19.20	< 23.40	> 27.20

You can reduce your weight by 13.05 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.DHEENA HARIHARAN	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794111009666		
Gender / DOB	Boy / 27 Jun 2005		
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	23.0 cm	A	A+	Very Good. You can improve!
Standing broad jump	9.0 cm	1 mt 89 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		15.834 sec	A	A	Sports Fit. Keep it up!
600 meter run/walk	3 min 30 sec 680ms	3 min 14 sec 668ms	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	10.481 sec	9.659 sec	A	A+	You can further improve your reaction speed ,acceleration 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	33 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		1 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 14 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	59 kg	166 cm	21.41			✓		<= 16.00	< 19.20	< 22.60	> 26.00
Previous BMI	59 kg	167 cm	21.16			✓		<= 16.00	< 19.20	< 22.60	> 26.00

You can reduce your weight by 6.09 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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Fitness Assessment Report 2019-2020 Term-2

Name	K.MADHUMITHA	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794114010975		
Gender / DOB	Girl / 16 Jan 2006		
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	10.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1.9 cm	1 mt 22 cm 0 mm	A	A+	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run		15.667 sec	A	A	Sports Fit. Keep it up!
600 meter run/walk	4 min 42 sec 625ms	4 min 15 sec 288ms	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).
600 meter run/walk	4 min 42 sec 625ms	4 min 15 sec 288ms	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).
600 meter run/walk	4 min 42 sec 625ms	4 min 15 sec 288ms	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	12.239 sec	10.850 sec	A	A+	You can further improve your reaction speed ,acceleration 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	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		18 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: 13 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	49 kg	158 cm	19.63			✓		<= 15.20	< 18.60	< 22.60	> 26.20
Previous BMI	50 kg	158 cm	20.03			✓		<= 15.20	< 18.60	< 22.60	> 26.20

You can reduce your weight by 2.57 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.NITHTHILA	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794111009754		
Gender / DOB	Girl / 29 Sep 2005		
School Name	KENDRIYA VIDYALAYA NO 1 MADURAI		

Medical Profile

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

Divyang Profile

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

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	23.0 cm	13.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	9.4 cm	1 mt 42 cm 0 mm	A	A+	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	12.965 sec	16.17 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	3 min 15 sec 154ms	4 min 15 sec 471ms	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).
600 meter run/walk	3 min 15 sec 154ms	4 min 15 sec 471ms	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).
600 meter run/walk	3 min 15 sec 154ms	4 min 15 sec 471ms	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).
600 meter run/walk	3 min 15 sec 154ms	4 min 15 sec 471ms	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	9.749 sec	11.1 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	19 times	19 times	A	A	You can 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		33 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: 14 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	60 kg	165 cm	22.04			✓		<= 15.80	< 19.20	< 23.40	> 27.20
Previous BMI	59 kg	165 cm	21.67			✓		<= 15.80	< 19.20	< 23.40	> 27.20

You can reduce your weight by 7.73 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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Fitness Assessment Report 2019-2020 Term-2

Name	K.ROOPAN THILAK	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794111009864		
Gender / DOB	Boy / 29 Nov 2005		
School Name	KENDRIYA VIDYALAYA NO 1 MADURAI		

Medical Profile

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

Divyang Profile

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

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	23.0 cm	28.0 cm	A	A+	Athletic. There is scope for improvement.
Standing broad jump	3.0 cm	1 mt 66 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	15.59 sec	11.163 sec	A	A+	Sports Fit. Keep it up!
600 meter run/walk	2 min 3 sec 573ms	3 min 14 sec 850ms	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).
600 meter run/walk	2 min 3 sec 573ms	3 min 14 sec 850ms	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).
600 meter run/walk	2 min 3 sec 573ms	3 min 14 sec 850ms	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	8.634 sec	9.826 sec	A	A-	You can further improve your reaction speed ,acceleration 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	50 times	11 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
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: 13 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	44 kg	165 cm	16.16		✓			<= 16.00	< 19.20	< 22.60	> 26.00
Previous BMI	42 kg	160 cm	16.41		✓			<= 16.00	< 19.20	< 22.60	> 26.00

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

Dietary

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

Activity to be pursued

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

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Fitness Assessment Report 2019-2020 Term-2

Name K.SHENBAGAVALLI **Period:** Oct 2019 to May 2020
Class IX-D
Registration No 179400161794111009645
Gender / DOB Girl / 29 Sep 2005
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

Medical Profile

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

Divyang Profile

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

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	28.0 cm	17.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	2.8 cm	1 mt 25 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		16.218 sec	A	A	Sports Fit. Keep it up!
600 meter run/walk	4 min 28 sec 640ms	4 min 17 sec 41ms	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).
600 meter run/walk	4 min 28 sec 640ms	4 min 17 sec 41ms	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).
600 meter run/walk	4 min 28 sec 640ms	4 min 17 sec 41ms	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).
600 meter run/walk	4 min 28 sec 640ms	4 min 17 sec 41ms	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	9.998 sec	11.151 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	15 times	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		32 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: 14 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	63 kg	164 cm	23.42				✓	<= 15.80	< 19.20	< 23.40	> 27.20
Previous BMI	62 kg	163 cm	23.34			✓		<= 15.80	< 19.20	< 23.40	> 27.20

You can reduce your weight by 11.36 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.B.PRASANNAKUMAR	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794114010905		
Gender / DOB	Boy / 27 May 2005		
School Name	KENDRIYA VIDYALAYA NO 1 MADURAI		

Medical Profile

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

Divyang Profile

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

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	15.0 cm	23.0 cm	A	A+	Very Good. You can improve!
Standing broad jump	8.6 cm	1 mt 89 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	13.619 sec	16.385 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	3 min 47 sec 212ms	3 min 15 sec 68ms	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	10.948 sec	9.993 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	19 times	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		1 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 14 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	37 kg	137 cm	19.71			✓		<= 16.00	< 19.20	< 22.60	> 26.00
Previous BMI	54 kg	157 cm	21.91			✓		<= 16.00	< 19.20	< 22.60	> 26.00

You can reduce your weight by 0.96 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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.DIVYA HARINI	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794111009611		
Gender / DOB	Girl / 30 Nov 2005		
School Name	KENDRIYA VIDYALAYA NO 1 MADURAI		

Medical Profile

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

Divyang Profile

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

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	25.0 cm	23.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	9.8 cm	1 mt 26 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	14.618 sec	16.586 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	4 min 27 sec 4ms	4 min 17 sec 476ms	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).
600 meter run/walk	4 min 27 sec 4ms	4 min 17 sec 476ms	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).
600 meter run/walk	4 min 27 sec 4ms	4 min 17 sec 476ms	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	10.9 sec	11.319 sec	A	A-	You can further improve your reaction speed ,acceleration 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	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		22 times	A	A	Sports Fit. Keep it up!

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 13 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	42 kg	162 cm	16.00		✓			<= 15.80	< 19.20	< 23.40	> 27.20
Previous BMI	40 kg	162 cm	15.24	✓				<= 15.80	< 19.20	< 23.40	> 27.20

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

Dietary

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

Activity to be pursued

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

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Fitness Assessment Report 2019-2020 Term-2

Name	M.J.SREE NIDHI	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794116011567		
Gender / DOB	Girl / 11 Aug 2005		
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	23.0 cm	A	A+	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	4.1 cm	1 mt 24 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		15.552 sec	A	A	Sports Fit. Keep it up!
600 meter run/walk	3 min 10 sec 676ms	4 min 7 sec 702ms	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	12.993 sec	10.199 sec	A	A+	You can further improve your reaction speed ,acceleration 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	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		27 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: 14 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	44 kg	157 cm	17.85		✓			<= 15.80	< 19.20	< 23.40	> 27.20
Previous BMI	45 kg	157 cm	18.26		✓			<= 15.80	< 19.20	< 23.40	> 27.20

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

Dietary

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

Activity to be pursued

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

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Fitness Assessment Report 2019-2020 Term-2

Name	M.K.RITHISHKA	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794113010549		
Gender / DOB	Girl / 10 Aug 2005		
School Name	KENDRIYA VIDYALAYA NO 1 MADURAI		

Medical Profile

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

Divyang Profile

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

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	28.0 cm	11.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	4.7 cm	1 mt 22 cm 0 mm	A	A+	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run		15.720 sec	A	A	Sports Fit. Keep it up!
600 meter run/walk	3 min 52 sec 354ms	4 min 7 sec 903ms	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).
600 meter run/walk	3 min 52 sec 354ms	4 min 7 sec 903ms	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).
600 meter run/walk	3 min 52 sec 354ms	4 min 7 sec 903ms	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).
600 meter run/walk	3 min 52 sec 354ms	4 min 7 sec 903ms	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	8.669 sec	11.468 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	15 times	15 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		30 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: 14 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	40 kg	137 cm	21.31			✓		<= 15.80	< 19.20	< 23.40	> 27.20
Previous BMI	41 kg	155 cm	17.07		✓			<= 15.80	< 19.20	< 23.40	> 27.20

You can reduce your weight by 3.96 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	M.MAHESH KANNAN	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794111009863		
Gender / DOB	Boy / 13 Feb 2006		
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	23.0 cm	A	A+	Very Good. You can improve!
Standing broad jump	7.2 cm	1 mt 86 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		9.125 sec	A	A	Sports Fit. Keep it up!
600 meter run/walk	2 min 54 sec 919ms	3 min 15 sec 285ms	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).
600 meter run/walk	2 min 54 sec 919ms	3 min 15 sec 285ms	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	10.443 sec	10.177 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	40 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		3 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 13 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	37 kg	136 cm	20.00			✓		<= 15.40	< 18.40	< 21.80	> 25.20
Previous BMI	36 kg	154 cm	15.18	✓				<= 15.40	< 18.40	< 21.80	> 25.20

You can reduce your weight by 2.97 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	M.POOJA	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794111009703		
Gender / DOB	Girl / 29 Jul 2004		
School Name	KENDRIYA VIDYALAYA NO 1 MADURAI		

Medical Profile

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

Divyang Profile

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

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	24.0 cm	10.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	6.4 cm	1 mt 45 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		15.870 sec	A	A	Sports Fit. Keep it up!
600 meter run/walk	5 min 15 sec 199ms	4 min 17 sec 977ms	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).
600 meter run/walk	5 min 15 sec 199ms	4 min 17 sec 977ms	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).
600 meter run/walk	5 min 15 sec 199ms	4 min 17 sec 977ms	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).
600 meter run/walk	5 min 15 sec 199ms	4 min 17 sec 977ms	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	12.163 sec	10.399 sec	A	A+	You can further improve your reaction speed ,acceleration 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	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		25 times	A	A	Sports Fit. Keep it up!

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 15 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	56 kg	166 cm	20.32			✓		<= 16.20	< 19.80	< 24.00	> 28.00
Previous BMI	56 kg	164 cm	20.82			✓		<= 16.20	< 19.80	< 24.00	> 28.00

You can reduce your weight by 1.44 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	M.ROHAN	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794111009877		
Gender / DOB	Boy / 22 Jan 2006		
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	23.0 cm	A	A+	Very Good. You can improve!
Standing broad jump	6.0 cm	1 mt 93 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	13.135 sec	9.653 sec	A	A+	Sports Fit. Keep it up!
600 meter run/walk	3 min 45 sec 541ms	3 min 15 sec 485ms	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).
600 meter run/walk	3 min 45 sec 541ms	3 min 15 sec 485ms	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).
600 meter run/walk	3 min 45 sec 541ms	3 min 15 sec 485ms	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	11.276 sec	10.344 sec	A	A+	You can further improve your reaction speed ,acceleration 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	39 times	16 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		1 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 13 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	55 kg	180 cm	16.98		✓			<= 15.40	< 18.40	< 21.80	> 25.20
Previous BMI	57 kg	177 cm	18.19		✓			<= 15.40	< 18.40	< 21.80	> 25.20

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

Dietary

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

Activity to be pursued

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

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Fitness Assessment Report 2019-2020 Term-2

Name	M.S. MANTHRATHMIKA	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794111009612		
Gender / DOB	Girl / 23 Nov 2005		
School Name	KENDRIYA VIDYALAYA NO 1 MADURAI		

Medical Profile

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

Divyang Profile

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

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	21.0 cm	16.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1.4 cm	1 mt 11 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		16.20 sec	A	A	Sports Fit. Keep it up!
600 meter run/walk	3 min 54 sec 575ms	4 min 8 sec 70ms	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).
600 meter run/walk	3 min 54 sec 575ms	4 min 8 sec 70ms	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).
600 meter run/walk	3 min 54 sec 575ms	4 min 8 sec 70ms	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	10.231 sec	10.566 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	11 times	11 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		19 times	A	A	Sports Fit. Keep it up!

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 13 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	51 kg	162 cm	19.43			✓		<= 15.80	< 19.20	< 23.40	> 27.20
Previous BMI	50 kg	155 cm	20.81			✓		<= 15.80	< 19.20	< 23.40	> 27.20

You can reduce your weight by 0.61 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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.SENTHIL KUMAR	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794111009734		
Gender / DOB	Boy / 18 Apr 2005		
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	28.0 cm	A	A+	Athletic. There is scope for improvement.
Standing broad jump	7.5 cm	1 mt 0 cm 0 mm	A	A+	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katchakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	13.597 sec	10.773 sec	A	A+	Sports Fit. Keep it up!
600 meter run/walk	3 min 44 sec 756ms	3 min 15 sec 669ms	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).
600 meter run/walk	3 min 44 sec 756ms	3 min 15 sec 669ms	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).
600 meter run/walk	3 min 44 sec 756ms	3 min 15 sec 669ms	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	10.608 sec	10.495 sec	A	A+	You can further improve your reaction speed ,acceleration 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	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		11 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 14 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	92 kg	176 cm	29.70				✓	<= 16.00	< 19.20	< 22.60	> 26.00
Previous BMI	87 kg	175 cm	28.41				✓	<= 16.00	< 19.20	< 22.60	> 26.00

You can reduce your weight by 32.53 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	M.SWETA	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794113010571		
Gender / DOB	Girl / 23 Dec 2005		
School Name	KENDRIYA VIDYALAYA NO 1 MADURAI		

Medical Profile

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

Divyang Profile

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

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	29.0 cm	23.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	8.5 cm	1 mt 9 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	16.504 sec	16.154 sec	A	A+	Sports Fit. Keep it up!
600 meter run/walk	3 min 2 sec 470ms	4 min 8 sec 237ms	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	11.728 sec	10.716 sec	A	A+	You can further improve your reaction speed ,acceleration 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	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		44 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: 13 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	62 kg	168 cm	21.97			✓		<= 15.80	< 19.20	< 23.40	> 27.20
Previous BMI	62 kg	168 cm	21.97			✓		<= 15.80	< 19.20	< 23.40	> 27.20

You can reduce your weight by 7.81 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 N.DEV YASHWANTH **Period:** Oct 2019 to May 2020
Class IX-D
Registration No 179400161794111009625
Gender / DOB Boy / 22 Nov 2005
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	24.0 cm	A	A+	Very Good. You can improve!
Standing broad jump	5.0 cm	1 mt 91 cm 0 mm	A	A+	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	12.579 sec	16.271 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	2 min 43 sec 225ms	3 min 5 sec 900ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	12.89 sec	10.649 sec	A	A+	You can further improve your reaction speed ,acceleration 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	33 times	20 times	A	A-	You can 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		2 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 13 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	56 kg	174 cm	18.50		✓			<= 16.00	< 19.20	< 22.60	> 26.00
Previous BMI	52 kg	173 cm	17.37		✓			<= 16.00	< 19.20	< 22.60	> 26.00

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

Dietary

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

Activity to be pursued

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

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Fitness Assessment Report 2019-2020 Term-2

Name	P RAGHUL	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794110009559		
Gender / DOB	Boy / 24 Jul 2004		
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	22.0 cm	A	A+	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	2.0 cm	1 mt 55 cm 0 mm	A	A+	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	12.526 sec	16.388 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	2 min 45 sec 542ms	3 min 6 sec 117ms	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).
600 meter run/walk	2 min 45 sec 542ms	3 min 6 sec 117ms	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).
600 meter run/walk	2 min 45 sec 542ms	3 min 6 sec 117ms	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	10.821 sec	9.111 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	39 times	25 times	A	A-	You can 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		1 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

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: 15 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	47 kg	174 cm	15.52	✓				<= 16.60	< 19.80	< 23.40	> 26.80
Previous BMI	47 kg	172 cm	15.89	✓				<= 16.60	< 19.80	< 23.40	> 26.80

You can increase your weight by 12.95 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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Fitness Assessment Report 2019-2020 Term-2

Name	P.ABINAYA	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794114010984		
Gender / DOB	Girl / 18 May 2005		
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	17.0 cm	A	A+	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	8.2 cm	82.0 cm	A	A+	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run		16.521 sec	A	A	Sports Fit. Keep it up!
600 meter run/walk	5 min 24 sec 595ms	4 min 8 sec 437ms	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	12.863 sec	10.884 sec	A	A+	You can further improve your reaction speed ,acceleration 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	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	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 14 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	44 kg	160 cm	17.19		✓			<= 15.80	< 19.20	< 23.40	> 27.20
Previous BMI	43 kg	159 cm	17.01		✓			<= 15.80	< 19.20	< 23.40	> 27.20

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

Dietary

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

Activity to be pursued

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

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Fitness Assessment Report 2019-2020 Term-2

Name P.ELVIN PAUL **Period:** Oct 2019 to May 2020
Class IX-D
Registration No 179400161794111009851\
Gender / DOB Boy / 25 Oct 2005
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	11.0 cm	24.0 cm	A	A+	Very Good. You can improve!
Standing broad jump	4.5 cm	1 mt 63 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		14.820 sec	A	A	Sports Fit. Keep it up!
600 meter run/walk	4 min 30 sec 446ms	3 min 6 sec 318ms	A	A+	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	10.452 sec	9.278 sec	A	A+	You can further improve your reaction speed ,acceleration 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	27 times	20 times	A	A-	You can 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	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 13 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	55 kg	131 cm	32.05				✓	<= 16.00	< 19.20	< 22.60	> 26.00
Previous BMI	55 kg	150 cm	24.44				✓	<= 16.00	< 19.20	< 22.60	> 26.00

You can reduce your weight by 22.05 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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Fitness Assessment Report 2019-2020 Term-2

Name	R J NARMADHA	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794110009313		
Gender / DOB	Girl / 02 Apr 2005		
School Name	KENDRIYA VIDYALAYA NO 1 MADURAI		

Medical Profile

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

Divyang Profile

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

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	19.0 cm	10.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	4.8 cm	1 mt 35 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		14.988 sec	A	A	Sports Fit. Keep it up!
600 meter run/walk	3 min 57 sec 563ms	4 min 8 sec 621ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
600 meter run/walk	3 min 57 sec 563ms	4 min 8 sec 621ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
600 meter run/walk	3 min 57 sec 563ms	4 min 8 sec 621ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	10.203 sec	10.50 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	17 times	17 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		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: 14 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	54 kg	161 cm	20.83			✓		<= 15.80	< 19.20	< 23.40	> 27.20
Previous BMI	55 kg	161 cm	21.22			✓		<= 15.80	< 19.20	< 23.40	> 27.20

You can reduce your weight by 4.23 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.SIRANJEEVI **Period:** Oct 2019 to May 2020
Class IX-D
Registration No 179400161794115009608
Gender / DOB Boy / 15 Nov 2005
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	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.
Standing broad jump	6.0 cm	1 mt 35 cm 0 mm	A	A+	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	11.840 sec	10.546 sec	A	A+	Sports Fit. Keep it up!
600 meter run/walk	3 min 21 sec 345ms	3 min 6 sec 518ms	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).
600 meter run/walk	3 min 21 sec 345ms	3 min 6 sec 518ms	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).
600 meter run/walk	3 min 21 sec 345ms	3 min 6 sec 518ms	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).
600 meter run/walk	3 min 21 sec 345ms	3 min 6 sec 518ms	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	10.952 sec	11.50 sec	A	A-	You can further improve your reaction speed ,acceleration 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	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		1 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 13 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	40 kg	138 cm	21.00			✓		<= 16.00	< 19.20	< 22.60	> 26.00
Previous BMI	40 kg	158 cm	16.02		✓			<= 16.00	< 19.20	< 22.60	> 26.00

You can reduce your weight by 3.44 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.ARUN SETHUPATY **Period:** Oct 2019 to May 2020
Class IX-D
Registration No 179400161794111009638
Gender / DOB Boy / 13 Jan 2006
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	24.0 cm	A	A+	Very Good. You can improve!
Standing broad jump	5.8 cm	1 mt 86 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		15.154 sec	A	A	Sports Fit. Keep it up!
600 meter run/walk	4 min 5 sec 569ms	3 min 6 sec 701ms	A	A+	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	11.159 sec	9.428 sec	A	A+	You can further improve your reaction speed ,acceleration 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	30 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		3 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 13 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	73 kg	173 cm	24.39				✓	<= 15.40	< 18.40	< 21.80	> 25.20
Previous BMI	70 kg	170 cm	24.22				✓	<= 15.40	< 18.40	< 21.80	> 25.20

You can reduce your weight by 17.93 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.BALA VISHWA	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794114010909		
Gender / DOB	Boy / 21 Apr 2005		
School Name	KENDRIYA VIDYALAYA NO 1 MADURAI		

Medical Profile

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

Divyang Profile

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

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	29.0 cm	21.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	5.7 cm	1 mt 83 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		15.322 sec	A	A	Sports Fit. Keep it up!
600 meter run/walk	3 min 30 sec 442ms	3 min 6 sec 902ms	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	12.16 sec	9.595 sec	A	A+	You can further improve your reaction speed ,acceleration 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	33 times	11 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		1 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 14 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	48 kg	163 cm	18.07		✓			<= 16.00	< 19.20	< 22.60	> 26.00
Previous BMI	51 kg	159 cm	20.17			✓		<= 16.00	< 19.20	< 22.60	> 26.00

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

Dietary

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

Activity to be pursued

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

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Fitness Assessment Report 2019-2020 Term-2

Name	S.NISHANTHAN	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794117012160		
Gender / DOB	Boy / 01 Dec 2005		
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	11.0 cm	24.0 cm	A	A+	Very Good. You can improve!
Standing broad jump	7.8 cm	1 mt 25 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	14.624 sec	15.472 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	3 min 4 sec 546ms	3 min 7 sec 86ms	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).
600 meter run/walk	3 min 4 sec 546ms	3 min 7 sec 86ms	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	11.593 sec	9.762 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	25 times	1 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		2 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 13 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	37 kg	149 cm	16.67		✓			<= 16.00	< 19.20	< 22.60	> 26.00
Previous BMI	35 kg	148 cm	15.98	✓				<= 16.00	< 19.20	< 22.60	> 26.00

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

Dietary

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

Activity to be pursued

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

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Fitness Assessment Report 2019-2020 Term-2

Name	S.RAKSHITHA	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794111009744		
Gender / DOB	Girl / 08 Dec 2004		
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	16.0 cm	A	A+	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	6.8 cm	1 mt 36 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		15.722 sec	A	A	Sports Fit. Keep it up!
600 meter run/walk	3 min 12 sec 413ms	4 min 8 sec 955ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
600 meter run/walk	3 min 12 sec 413ms	4 min 8 sec 955ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
600 meter run/walk	3 min 12 sec 413ms	4 min 8 sec 955ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
600 meter run/walk	3 min 12 sec 413ms	4 min 8 sec 955ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	13.187 sec	11.217 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	13 times	13 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		34 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: 14 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	51 kg	161 cm	19.68		✓			<= 16.20	< 19.80	< 24.00	> 28.00
Previous BMI	56 kg	161 cm	21.60			✓		<= 16.20	< 19.80	< 24.00	> 28.00

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

Dietary

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

Activity to be pursued

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

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Fitness Assessment Report 2019-2020 Term-2

Name	S.S.HARINEE	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794111009694		
Gender / DOB	Girl / 07 Sep 2005		
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	13.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	8.8 cm	1 mt 26 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	15.562 sec	16.57 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	4 min 56 sec 607ms	4 min 8 sec 789ms	A	A+	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
600 meter run/walk	4 min 56 sec 607ms	4 min 8 sec 789ms	A	A+	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
600 meter run/walk	4 min 56 sec 607ms	4 min 8 sec 789ms	A	A+	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	22.143 sec	10.233 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	12 times	12 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		14 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 14 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	45 kg	159 cm	17.80		✓			<= 15.80	< 19.20	< 23.40	> 27.20
Previous BMI	45 kg	157 cm	18.26		✓			<= 15.80	< 19.20	< 23.40	> 27.20

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

Dietary

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

Activity to be pursued

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

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Fitness Assessment Report 2019-2020 Term-2

Name	S.SHEIK AFRITH	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794116011752		
Gender / DOB	Boy / 14 Oct 2005		
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	25.0 cm	A	A+	Athletic. There is scope for improvement.
Standing broad jump	9.5 cm	1 mt 55 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		15.889 sec	A	A	Sports Fit. Keep it up!
600 meter run/walk	3 min 19 sec 727ms	3 min 7 sec 303ms	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).
600 meter run/walk	3 min 19 sec 727ms	3 min 7 sec 303ms	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).
600 meter run/walk	3 min 19 sec 727ms	3 min 7 sec 303ms	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).
600 meter run/walk	3 min 19 sec 727ms	3 min 7 sec 303ms	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	9.520 sec	9.946 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	40 times	11 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		1 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 13 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	54 kg	180 cm	16.67		✓			<= 16.00	< 19.20	< 22.60	> 26.00
Previous BMI	52 kg	179 cm	16.23		✓			<= 16.00	< 19.20	< 22.60	> 26.00

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

Dietary

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

Activity to be pursued

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

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Fitness Assessment Report 2019-2020 Term-2

Name	S.SRINITHI	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794111009613		
Gender / DOB	Girl / 31 Jul 2005		
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	11.0 cm	12.0 cm	A	A+	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	1.7 cm	1 mt 27 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	16.979 sec	14.588 sec	A	A+	Sports Fit. Keep it up!
600 meter run/walk	3 min 10 sec 25ms	3 min 5 sec 958ms	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	12.163 sec	10.417 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
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		24 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: 14 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	44 kg	157 cm	17.85		✓			<= 15.80	< 19.20	< 23.40	> 27.20
Previous BMI	58 kg	163 cm	21.83			✓		<= 15.80	< 19.20	< 23.40	> 27.20

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

Dietary

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

Activity to be pursued

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

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Fitness Assessment Report 2019-2020 Term-2

Name S.SUJI KALAIMAGAL **Period:** Oct 2019 to May 2020
Class IX-D
Registration No 179400161794111009646
Gender / DOB Girl / 30 Jun 2005
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

Medical Profile

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

Divyang Profile

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

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	31.0 cm	17.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	9.0 cm	1 mt 27 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	13.417 sec	14.789 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	3 min 9 sec 445ms	3 min 6 sec 425ms	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	11.26 sec	10.567 sec	A	A+	You can further improve your reaction speed ,acceleration 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		26 times	A	A	Sports Fit. Keep it up!

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 14 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	54 kg	133 cm	30.53				✓	<= 15.80	< 19.20	< 23.40	> 27.20
Previous BMI	53 kg	153 cm	22.64			✓		<= 15.80	< 19.20	< 23.40	> 27.20

You can reduce your weight by 20.04 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.VAISHNAVI **Period:** Oct 2019 to May 2020
Class IX-D
Registration No 179400161794111009683
Gender / DOB Girl / 26 Sep 2005
School Name KENDRIYA VIDYALAYA NO 1 MADURAI

Medical Profile

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

Divyang Profile

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

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	29.0 cm	16.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	9.5 cm	1 mt 34 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	13.862 sec	14.989 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	3 min 0 sec 675ms	3 min 6 sec 209ms	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	11.452 sec	10.734 sec	A	A+	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	17 times	17 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		32 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: 14 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	31 kg	154 cm	13.07	✓				<= 15.80	< 19.20	< 23.40	> 27.20
Previous BMI	31 kg	152 cm	13.42	✓				<= 15.80	< 19.20	< 23.40	> 27.20

You can increase your weight by 14.53 Kg by improving your lifestyle and increasing regular physical activity. We recommend you to do the following:

Dietary

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

Activity to be pursued

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

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Fitness Assessment Report 2019-2020 Term-2

Name	S.YEGHAVARSHINI	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794117011993		
Gender / DOB	Girl / 05 Nov 2005		
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	4.0 cm	16.0 cm	A	A+	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	9.6 cm	1 mt 22 cm 0 mm	A	A+	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	16.101 sec	15.173 sec	A	A+	Sports Fit. Keep it up!
600 meter run/walk	3 min 4 sec 549ms	3 min 6 sec 662ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
600 meter run/walk	3 min 4 sec 549ms	3 min 6 sec 662ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
600 meter run/walk	3 min 4 sec 549ms	3 min 6 sec 662ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
600 meter run/walk	3 min 4 sec 549ms	3 min 6 sec 662ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	10.500 sec	10.901 sec	A	A-	You can further improve your reaction speed ,acceleration 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	6 times	6 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		10 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 13 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	42 kg	158 cm	16.82		✓			<= 15.80	< 19.20	< 23.40	> 27.20
Previous BMI	41 kg	158 cm	16.42		✓			<= 15.80	< 19.20	< 23.40	> 27.20

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

Dietary

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

Activity to be pursued

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

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Fitness Assessment Report 2019-2020 Term-2

Name	SURTHILLAKAYA	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794113010564		
Gender / DOB	Girl / 27 Sep 2004		
School Name	KENDRIYA VIDYALAYA NO 1 MADURAI		

Medical Profile

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

Divyang Profile

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

My Fitness Score

Tests	Previous Score	Current Score	Previous	Current	Feedback
Sit and reach test	24.0 cm	16.0 cm	A	A-	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	8.8 cm	1 mt 26 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	16.868 sec	15.390 sec	A	A+	Sports Fit. Keep it up!
600 meter run/walk	3 min 10 sec 874ms	3 min 6 sec 910ms	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	12.239 sec	11.85 sec	A	A+	You can further improve your reaction speed ,acceleration 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	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		28 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: 15 Year Girl

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	47 kg	148 cm	21.46			✓		<= 16.20	< 19.80	< 24.00	> 28.00
Previous BMI	59 kg	148 cm	26.94				✓	<= 16.20	< 19.80	< 24.00	> 28.00

You can reduce your weight by 3.63 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	T.BOOVESHWARAN	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794115011322		
Gender / DOB	Boy / 09 Aug 2005		
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	27.0 cm	A	A+	Athletic. There is scope for improvement.
Standing broad jump	6.0 cm	1 mt 69 cm 0 mm	A	A+	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	11.601 sec	15.590 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	2 min 52 sec 768ms	3 min 7 sec 144ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhathi, bhastrika, bhramari).
50 mt. dash	9.487 sec	10.96 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	39 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		3 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 14 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	48 kg	168 cm	17.01		✓			<= 16.00	< 19.20	< 22.60	> 26.00
Previous BMI	45 kg	166 cm	16.33		✓			<= 16.00	< 19.20	< 22.60	> 26.00

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

Dietary

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

Activity to be pursued

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

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Fitness Assessment Report 2019-2020 Term-2

Name	U.DHANANJEYAN	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794111009858		
Gender / DOB	Boy / 27 Mar 2006		
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	14.0 cm	A	A	You can further improve your flexibility by practicing stretching by Chakrasana, Halasana, Paschimottanasana, Hastottanasana, Trikonasana and Katichakrasana on regular basis.
Standing broad jump	7.0 cm	1 mt 38 cm 0 mm	A	A+	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	11.442 sec	15.774 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	2 min 50 sec 958ms	3 min 7 sec 377ms	A	A-	You can further improve your cardiovascular endurance through endurance activities like road cycling, swimming, aerobics, running and dancing and by doing pranayam (kapal bhatti, bhastrika, bhramari).
50 mt. dash	9.668 sec	11.253 sec	A	A-	You can further improve your reaction speed ,acceleration through quick sprints, frog hops and one leg hops . You can also do leg stretching to increase stride length which in turn improves speed.
Partial curl up 30 sec	23 times	6 times	A	A-	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.
Push Up /Modified Push Up		1 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 13 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	51 kg	164 cm	18.96			✓		<= 15.40	< 18.40	< 21.80	> 25.20
Previous BMI	49 kg	163 cm	18.44			✓		<= 15.40	< 18.40	< 21.80	> 25.20

You can reduce your weight by 1.51 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	V K PRADEEP	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794112009905		
Gender / DOB	Boy / 14 Sep 2004		
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+	Very Good. You can improve!
Standing broad jump	5.2 cm	1 mt 78 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	15.225 sec	15.942 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	4 min 2 sec 414ms	2 min 2 sec 885ms	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).
600 meter run/walk	4 min 2 sec 414ms	2 min 2 sec 885ms	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	10.909 sec	10.505 sec	A	A+	You can further improve your reaction speed ,acceleration 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	35 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		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.

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: 15 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	62 kg	181 cm	18.92		✓			<= 16.60	< 19.80	< 23.40	> 26.80
Previous BMI	58 kg	181 cm	17.70		✓			<= 16.60	< 19.80	< 23.40	> 26.80

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

Dietary

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

Activity to be pursued

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

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Fitness Assessment Report 2019-2020 Term-2

Name	V.K.JAYASURYA	Period:	Oct 2019 to May 2020
Class	IX-D		
Registration No	179400161794111009615		
Gender / DOB	Boy / 14 Sep 2005		
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	11.0 cm	25.0 cm	A	A+	Athletic. There is scope for improvement.
Standing broad jump	8.0 cm	1 mt 86 cm 0 mm	A	A+	You can further improve your explosive strength by plyometric activities like squat jumps ,multiple hops, Climbing stairs and do activities like crunches and back extension and yogasana like Tadasana, Vrikshasana, Utkatasana, Trikonasana, Katichakrasana, Yogamudrasana are also beneficial.
4x10 meter shuttle run	12.665 sec	15.629 sec	A	A-	Sports Fit. Keep it up!
600 meter run/walk	3 min 9 sec 542ms	3 min 7 sec 628ms	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).
600 meter run/walk	3 min 9 sec 542ms	3 min 7 sec 628ms	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	10.657 sec	10.246 sec	A	A+	You can further improve your reaction speed ,acceleration 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	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		1 times	A	A	You can further improve your strength by practicing to climb stairs, hill walk, cycling, dance, pushups, sit-ups, squats, planks, crunches, Naukasana, Shalabhasana, Akarna Dhanurasana etc.

Grades indicate your own performance compared to last term :

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

My Body Mass Index(BMI)

BMI Benchmark: 14 Year Boy

	Weight	Height	My BMI	UW	N	OW	OB	Under Weight	Normal	Over Weight	Obese
Current BMI	47 kg	166 cm	17.06		✓			<= 16.00	< 19.20	< 22.60	> 26.00
Previous BMI	49 kg	159 cm	19.38			✓		<= 16.00	< 19.20	< 22.60	> 26.00

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

Dietary

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

Activity to be pursued

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

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