

S.No.	Name	Age	Gender	Sports	Height(cm)	Weight(kg)
1	KRISHNA	12	M	FOOTBALL	150	38.1

BMI (kg-m ²)	STATUS	Circumference(inch)				
		Neck	Waist	Hip(Female)	Waist-Neck and Waist+Hip- Neck value	Body fat Percentage(%)
16.9333333	NORMAL	12	26		14	11.27782282

Muscular strength						
STATUS	Curl-ups (no.)	STATUS	Push-ups (no.)	STATUS	Broad Jump (feet-inch)	STATUS
ATHLETE	15	WORK HARDER	2	WORK HARDER	4.2	VERY POOR

Flexibility		Endurance		Speed	
Sit & reach (cm)	STATUS	600m (min-sec)	STATUS	50m Dash (sec)	STATUS

23 ATHLETIC

2.4 GOOD

7.1 SPORTS FIT

Coordination		Balance		Agility		
No. of catch (30sec)	STATUS	Standing stork (sec)	STATUS	T-drill (sec)	STATUS	Attempt-1

23 ABOVE AVERAGE

2 POOR

13.6 POOR

21

Reaction time (Ruler drop test)

Attempt-2	Average	STATUS
30	25.5	BELOW AVERAGE

30

25.5 BELOW AVERAGE