

FitnessGram Student Report

PERSONALIZED FITNESS REPORT FOR :

varma, Vikas

Age: 13 Grade: 6 DOB: 3/4/2011

Teacher: yasaswi G, Teacher.new single, Michael Stevens

School: school-1

District: July 22

HEART HEALTH

Aerobic Capacity (VO2MAX)



✓ 61.1
10/8/24



GOAL: 41.1

20M PACER

85 Laps



Aerobic capacity (VO 2max) is the ability of your heart, lungs, and muscles to transport and use oxygen. Achieving the Healthy Fitness Zone for this assessment reduces health risks.

BODY HEALTH

Body Mass Index



⚠ 15.6
10/8/24



GOAL: 15.8 - 22.2

Height Weight

4 ft 2.3 in 56

Body mass index uses weight relative to height to determine where you are on the growth charts. Achieving the Healthy Fitness Zone for this assessment reduces health risks.

MUSCLE FITNESS



Vertical Jump

✓ 2915.65
10/8/24



GOAL: 1641

Vertical jump is measures lower body muscular power and has been scientifically linked to bone health. Achieving the Healthy Fitness Zone for this assessment reduces risk of bone fractures and osteoporosis later in life.



Handgrip

✓ 85
10/8/24



GOAL: 60.29(LB)

Handgrip strength is related to whole-body muscular strength and has been scientifically linked bone health. Achieving the Healthy Fitness Zone for this assessment reduces risk of bone fractures and osteoporosis later in life.



Push Ups

✓ 75
10/8/24



GOAL: 12

The push-up measures upper body strength and endurance. Upper body strength and endurance are important in activities of daily living, maintaining functional health and good posture.



Plank

✓ 02:59
10/8/24



GOAL: 58 Seconds

The plank assessment is a measurement of abdominal strength and endurance and has been scientifically linked to the ratio of fat mass to lean mass. Achieving the Healthy Fitness Zone for this assessment reduces health risks associated with poor body composition, balance, and core stability.



Trunk Lift

✓ 10
10/8/24



GOAL: 9

The trunk lift measures low-back strength and flexibility. Low-back strength and flexibility is important for posture and low-back health.



Sit and Reach

⚠ 7in (L), 8in (R)
10/8/24



GOAL: 8

The sit and reach measures flexibility of the hamstring muscles. Flexibility is important for functional movement, injury prevention and range of motion.

■ Need Improvement -Health Risk(NI-HR) ■ Need Improvement (NI) ■ Healthy Fitness Zone (HFZ) ■ Very Lean (VL)