Student Physical Fitness Record

Name	:
Regd. No.	
Branch	:
Sex	: Male Female
Residence	: Day Scholar Hosteller







Academic Year

-	position :				
I Semester Height (in cm) Weight (in Kg) BMI	Weight category :	II Semester Height (in cm) Weight (in Kg)	BMI	Weight category :
Physical <i>I</i>	Activity Test Status : If Yes	s 🖌 No 🗶			
		I Semester	Il Semester		
	Student Tested	Test 1 Test 2 Final	Test 1 Test 2 Final		
	Absent on test Date			Norma 18.5 - 24	0verweight 4.9 25 - 29.9
Reason if not tested	Medical Excuse			18.5	
if not	Special needs / any other			<tr.s.< td=""><td>Ope se</td></tr.s.<>	Ope se
					0
Activity :	I Sen Test 1		II Semester Test 1 Test 2 Final		
80/100/2	00 mts. Run (sec.)				
400 mts.	Run/Walk (🗸 / X)				
Physical Di	irector			Assoc. [Dean, Student Affairs
· · · , - · - · · - ·					,
II - YE	AR		Acad	emic Year	
Body Con	AR nposition :			emic Year	
Body Con I Semester	nposition :	Weight category :	II Semester	L	Weight category -
Body Con	nposition :	Weight category :		L	Weight category :
Body Con I Semester Height (in cm	NPOSITION :		II Semester	L	Weight category :
Body Con I Semester Height (in cm	nposition :	s V No X	II Semester Height (in cm) Weight (in Kg	L	Weight category :
Body Con I Semester Height (in cm	NPOSITION :	s VN X	II Semester Height (in cm) Weight (in Kg	L	Weight category :
Body Con I Semester Height (in cm	NPOSITION :	s V No X	II Semester Height (in cm) Weight (in Kg	L	
Body Con I Semester Height (in cm Physical A	weight (in Kg) BMI Activity Test Status : If Ye	s VN X	II Semester Height (in cm) Weight (in Kg) BMI	
Body Con I Semester Height (in cm Physical A	hposition :) Weight (in Kg) BMI 	s VN X	II Semester Height (in cm) Weight (in Kg) BMI	A.9 25 - 29.9
Body Con I Semester Height (in cm	hposition : Weight (in Kg) BMI Activity Test Status : If Ye Student Tested Absent on test Date	s VN X	II Semester Height (in cm) Weight (in Kg) BMI	
Body Con I Semester Height (in cm Physical A Physical A	weight (in Kg) BMI Weight (in Kg) BMI Comparison Comparison Activity Test Status : If Ye Student Tested Absent on test Date Medical Excuse Special needs / any other	s ✔ No X I Semester Test 1 Test 2 Final	II Semester Height (in cm) Weight (in Kg) BMI	A.9 25 - 29.9
Body Con I Semester Height (in cm Physical A	weight (in Kg) BMI Weight (in Kg) BMI Comparison Comparison Activity Test Status : If Ye Student Tested Absent on test Date Medical Excuse Special needs / any other	S ✓ No X I Semester Test 1 Test 2 Final	II Semester Height (in cm) Weight (in Kg) BMI	A.9 25 - 29.9
Body Con I Semester Height (in cm Physical A Discrete Section Based Sect	Activity Test Status : If Ye Student Tested Absent on test Date Medical Excuse Special needs / any other	S ✓ No X I Semester Test 1 Test 2 Final	II Semester Height (in cm) Weight (in Kg) BMI	A.9 25 - 29.9
Body Con I Semester Height (in cm Physical A USE Set Set Set Set Height (in cm Physical A Activity : 80/100/2	Activity Test Status : If Ye Student Tested Absent on test Date Medical Excuse Special needs / any other Test	S ✓ No X I Semester Test 1 Test 2 Final	II Semester Height (in cm) Weight (in Kg) BMI	A.9 25 - 29.9

III - YEAR	Academic Year
Body Composition :	
Height (in cm) Weight (in Kg)	Body Mass Index Weight category :
Physical Activity Test Status : If Yes 🖌	No 🗶
Student Tested	Test 1 Test 2 Test 3 Test 4
Absent on test Date Medical Excuse Special needs / any other	
Activity :	Test 1 Test 2 Test 3 Test 4
100 mts. Run (sec.) 400 mts. Run/Walk (✔/ ✗)	
Physical Director	Assoc. Dean, Student Affairs
IV - YEAR	Academic Year
IV - YEAR Body Composition :	Academic Year
	Academic Year Body Mass Index Weight category :
Body Composition :	
Body Composition :	Body Mass Index Weight category :
Body Composition : Height (in cm) Weight (in Kg)	Body Mass Index Weight category :
Body Composition : Height (in cm) Weight (in Kg) Physical Activity Test Status : If Yes Student Tested	Body Mass Index Weight category :
Body Composition : Height (in cm) Weight (in Kg) Physical Activity Test Status : If Yes Student Tested	Body Mass Index Weight category :
Body Composition : Height (in cm) Weight (in Kg) Physical Activity Test Status : If Yes Student Tested Absent on test Date	Body Mass Index Weight category :
Body Composition : Height (in cm) Weight (in Kg) Physical Activity Test Status : If Yes Student Tested	Body Mass Index Weight category : No \swarrow Test 1 Test 2 Test 3 Test 4 \square \square \square \square \square \square \square \square \square \square
Body Composition : Height (in cm) Weight (in Kg) Physical Activity Test Status : If Yes Student Tested Absent on test Date Medical Excuse Special needs / any other	Body Mass Index Weight category :

Tips to increase your **Physical Activity**



set realistic goals



walk part of your commute



take the stairs



take regular breaks from sitting



get your friends involved





Vadlamudi, Guntur Dist. A.P. - 522 213. Ph : 0863-2344700 | Toll Free 1800-425-2529 www.vignan.ac.in