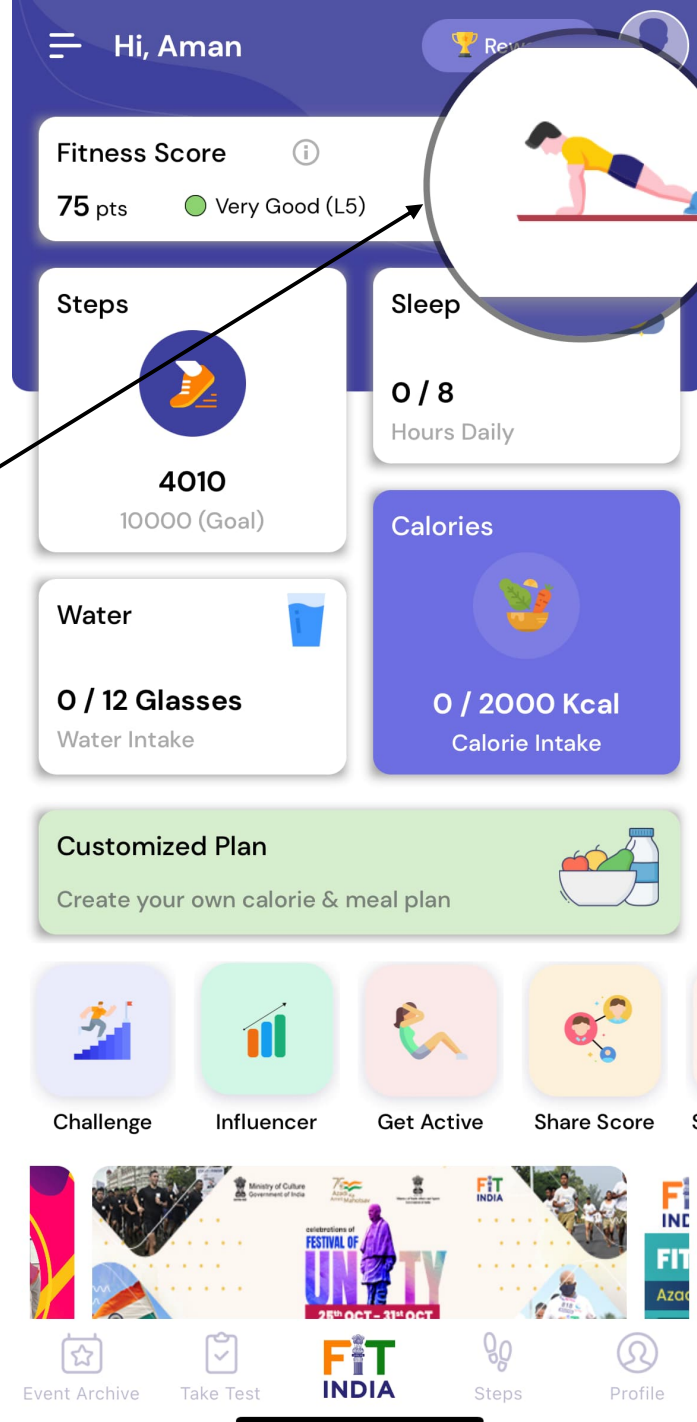



# Test & Dashboard



Click Here

Take Test

MEMBERS TESTS




**AMAN SHARMA**  
Male, 37 years  
Fitness Score  
**75 pts** ■ Very Good

Dashboard Take a Test

More members can be added

+

Take Test

ADD MEMBER'S DETAILS 


Name \*

DOB \*

Gender \*  
 Male  Female

*i) I accept the terms and conditions and privacy policy of the FitIndia Website / Mobile App.*


*ii) I hereby warrant and affirm the truthfulness and accuracy of the information and I accept all responsibility and liability for any breach or non-compliance of the same.*

Enter the below characters:  
WwRM08   Refresh

Save


Take Test

MEMBERS TESTS



**AMAN SHARMA**  
Male, 37 years  
Fitness Score  
**75 pts** ■ Very Good

Dashboard Take a Test



**YUKT SHARMA**  
Male, 6 years  
Fitness Score  
**0 pts** ■ Test not taken

Dashboard Take a Test

+



# Take Test

MEMBERS

TESTS

5-8 Years

9-18 Years

19-65 Years

65+ Ye



BMI

Body Mass Index



Flamingo Balance Test

Balance



Partial Curl Up - 30 seconds

Abdominal muscular strength and endurance



Push ups (BOYS) Modified Push ups (Girls)

Muscular Endurance



2 km Run/Walk



Events Archive



Take Test



Steps



Profile



# Take Test

Aman Sharma, 37 Yrs



Push ups (Girls)

Muscular Endurance



No. of Push Ups

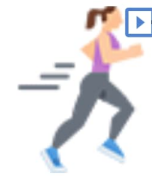
00

Save

Enter the score

2 km Run/Walk

Cardiovascular Endurance



Time

Min

Sec

ms

00

00

000

Save

Click here for Guidelines

V-Sit Reach Test

Flexibility



Distance

cm

mm

00

00

Save

View Dashboard



Events Archive



Take Test



Steps



Profile

Take Fitness Test

View Dashboard

### Take Test

#### USER DASHBOARD

18 Oct 2022 Go

**Aman Sharma**  
37 yrs, Male

Height: **174 cm**      Weight: **75 kg**      Age Group: **19-65 Years**

#### Body Mass Index (BMI)


**24.8**

18.40      24.90      29.90

Under Weight      Normal      Over Weight      Obese

Aman Sharma is 37 year old Male, whose ideal BMI range is between 18.40 to 24.90.

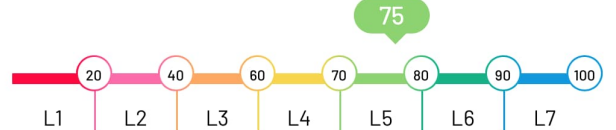
#### Overall Fitness Score



Events Archive   Take Test   **FIT INDIA**   Steps   Profile

### Take Test

#### Overall Fitness Score



75

L1 L2 L3 L4 L5 L6 L7

- Work Harder
- Can do better
- Very Good
- Athletic
- Must Improve
- Good
- Excellent


#### Stamina

**2 km Run/Walk**      **75 pts**      Very Good

8 Min 24.0 Sec

Very Good. You can improve! [View History](#)

[View Report](#)      [Fitness History](#)      [Benchmark](#) (37 yrs, M)



Events Archive   Take Test   **FIT INDIA**   Steps   Profile