



Aarav Sharma

Grade 4-B • Age: 9 Yrs 4 Mos • Male
FutureFit Partner Academy • ID: FF365-2026-904

ASSESSMENT
DATE
15 Sep 2026

HEIGHT / WEIGHT
134 cm / 29.5 kg

EVALUATION
CYCLE
Term 1 Baseline

BMI PERCENTILE
58th (Optimal)

86
OVERALL COMPOSITE

THE 4 FUNDAMENTAL ASSESSMENT PILLARS

01 Physical Fitness

88/100

Advanced Tier

02 Physiotherapy

84/100

Good Alignment

03 Nutrition

85/100

Balanced Habit

04 Mindset

87/100

High Focus

01. PHYSICAL LITERACY & MOTOR SKILLS TESTING

TEST PARAMETER	MEASURED METRIC	AGE BENCHMARK	PERCENTILE RANK	DEVELOPMENTAL STATUS
20m Sprint (Speed)	3.95 sec	4.30 sec	92nd	Excellent
Shuttle Run (Agility 4x10m)	11.10 sec	12.00 sec	86th	Proficient
Standing Broad Jump (Power)	142 cm	130 cm	88th	Proficient
Plank Hold (Core Stability)	68 sec	50 sec	84th	Competent
Sit & Reach (Hamstring Flexibility)	+5.5 cm	+3.0 cm	80th	Competent
Single Leg Stance (Balance)	34 sec	25 sec	90th	Excellent

Physical Specialist Observation: Aarav exhibits exceptional linear sprint speed, vestibular balance, and lower-body explosive power. Core stabilization and thoracic mobility can be elevated through progressive rotational conditioning in Phase 2.



02. PHYSIOTHERAPY & POSTURE

Clinical Screening	Finding	Score
Head & Cervical Spine	Neutral alignment	9/10
Shoulder & Scapulae	Slight left elevation (-1.5°)	8/10
Spine Curvature	No scoliosis / lordosis	10/10
Gait & Medial Arch	Normal dynamic pronation	9/10

03. PEDIATRIC NUTRITION

Habit & Biomarker	Observed Status	Score
Daily Hydration	1.8L / day (Optimal)	9/10
Protein Intake Adequacy	0.95g / kg (Target: 1.1g)	8/10
Fruit & Veg Diversity	4 servings daily	9/10
Energy & Meal Timing	Consistent breakfast intake	9/10

04. COGNITIVE FOCUS & MOVEMENT MINDSET

Mindset Domain	Observed Trait	Rating	Key Development Pathway
Drill Focus & Concentration	High attention span during complex multi-step movement instructions.	9.0 / 10	Advanced agility cognitive-cue drills.
Emotional Resilience & Effort	Shows grit when challenged with fatigue during cardio circuits.	8.5 / 10	Positive feedback & milestone achievements.
Teamwork & Sportsmanship	Encourages peers and collaborates effectively in small-sided games.	9.0 / 10	Leadership roles in team relay circuits.

12-WEEK FUTUREFIT365 STRUCTURED ROADMAP

Phase	Timeline	Core Training Focus	Expected Outcome Milestone
Phase 1: Understand	Weeks 1 - 3	Kinematic baseline, posture alignment, basic mobility	Correction of minor shoulder drop & core engagement
Phase 2: Build	Weeks 4 - 6	Movement mechanics, coordination ladders, agility	+15% improvement in multi-directional footwork
Phase 3: Develop	Weeks 7 - 9	Cardiovascular stamina, functional strength circuits	Enhanced endurance and lean muscle development
Phase 4: Grow	Weeks 10 - 12	Advanced sports literacy & final term progress evaluation	Re-assessment report & verified milestone badges

Physical Evaluation

Dr. Nipa Shah
Sports Physiotherapist

Orthopedic Review

Dr. Rohan Vakta
M.S. Orthopedic Specialist

Dietetic Guidance

Dr. Mital Bhadania
Chief Clinical Dietitian

Cognitive Mindset

Dr. Rachna Bhatt
Clinical Psychologist