

Fitness Assessment Report

Name: Moatasem Mohammed

Age: 15 years

Gender: Female

BMI: 18.7 (Normal weight)

Fitness Test Results

Muscular Strength: 65 / 100

Flexibility: 90 / 100

Cardiovascular Endurance: 60 / 100

Speed: 70 / 100

Recommended Sports

1. Track and Field - Compatibility: 62%
2. Swimming - Compatibility: 59%
3. Martial Arts - Compatibility: 56%