



# REPORT CARD

Name :

Age :

City :

## Table parameters

### Activity Name Score Grade Health Attributes

Squats	5	A	Lower body strength
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## REMEDIAL MEASURES - SQUATS

You have excellent leg strength

- Do regular exercise like jumping and skipping to maintain your leg strength
- Do Single leg bridge, bridge and squats atleast twice a week to maintain your

## NEED HELP TO IMPROVE YOUR SCORE

FOR BETTER RESULTS, YOU CAN SUBSCRIBE TO OUR ACTIVE CLUB ONLINE THAT HAS BEEN PERSONALIZED AS PER YOUR ASSESSMENT REPORT

## ACTIVE CLUB SPORT

With supporting text below as a natural lead-in to additional content.

[KNOW MORE](#)

## ACTIVE CLUB PLAY

With supporting text below as a natural lead-in to additional content.

[KNOW MORE](#)

As India's leading provider of integrated sports management services, we have created various packages while keeping the kids at the center at different ages and stages.