

Name: Achyuth D Ratheesh

Age: 8

Sport: Skating

Coach: Jomon Benny

Academy: Sportonix

PSYCHOLOGICAL OBSERVATION REPORT

Personality Test	<ol style="list-style-type: none"> 1) Careful with time 2) Aggressive, positive, self insured person 3) Sensible & reliable 4) Overthinking person 5) Functions equally well in any surrounding
Focus test	low
Interest test	Likely to approach life with curiosity and enthusiasm. He is interested to grow & learn everyday

FITNESS ASSESSMENT

Exercise :		Low	Moderate	High
1	Bird dog	<10 rep	10 - 20	20 rep >
		✓		
2	Pushup	<10 rep	10 - 20	20 rep >
			✓	
3	Squat	<10 rep	10 - 20	20 rep >
				✓
4	High to low plank	<10 rep	10 - 20	20 rep >
				✓
5	Tree pose	<30 sec	30 - 60 sec	60 sec>
				✓

		<30 sec	30 - 60 sec	60 sec>
6	Warrior pose		✓	
7	Burpees	<10 rep	10 - 20	20 rep >
			✓	
8	Shoulder taps	<10 rep	10 - 20	20 rep >
				✓
9	Air squat	<10 rep	10 - 20	20 rep >
			✓	
10	Sit and toe touch	<30 sec	30 - 60 sec	60 sec>
				✓