



## PETUNJUK SINGKAT PENGGUNAAN MASTER BUGAR

- 1 Sebelum menggunakan file ini, pelajari terlebih dahulu petunjuk singkat ini
- 2 File ini dibuat untuk memudahkan kita dalam merekap hasil pengukuran kebugaran, sehingga hasil dengan cepat kita analisa dan laporkan.
- 3 copy file dari master ini sebelum memasukkan data hasil pengukuran kebugaran dan beri nama baru.
- 4 File ini digunakan untuk merekap hasil pengukuran kebugaran dengan metode :
  - a. Single Test Rockport 1.600 meter untuk Dewasa > 19 tahun
  - b. Single Test Rockport 1.000 meter untuk anak usia 10-12 tahun ( SD )
  - c. Single Test Rockport 1.600 meter untuk anak usia 13-19 tahun (SLTP & SLTA)
  - d. Test Jalan 6 menit untuk Risti dan dewasa > 60 tahun
- 5 Semua data dimasukkan pada **"sheet hasil pengukuran "**
- 6 Data yang diisikan terdiri dari :
  - a. data pokok yang dikehendaki, misalkan : Tanggal pengukuran, Nama, NIP, Nomor porsi, Alamat, Pekerjaan, Jenis Kelamin, Umur, dll.  
Khusus umur anak usia sekolah, ditulis dalam tahun dan bulan pada kolom yang berbehal ini karena perbedaan bulan sangat berpengaruh terhadap status gizinya.  
Contoh : Ahmad , TB 149, BB 48, IMT 21,62 usia 10 tahun tergolong  
Bambang , TB 149, BB 48, IMT 21,62 usia 10 tahun 5 bulan tergolong
  - b. Data hasil pengukuran, yang terdiri dari : Berat Badan (BB), Tinggi Badan ( TB ) dan Waktu tempuh ( untuk Rockport ) atau Jarak tempuh ( untuk Test jalan 6 menit ) serta metode pengukuran yang digunakan yaitu : Rockport atau Jalan 6 Menit.
- 7 Setelah data diisikan dengan benar, maka hasil penghitungan yang terdiri dari : ( IMT, Status Gizi, VO2 Max, Tingkat Kebugaran dan program latihan fisik ) akan muncul den
- 8 Pada **"kolom 6 dan 7"** yang berisi data **"Umur"**,  
Untuk anak sekolah, Ketik usia dalam Tahun pada **"kolom 6"** dan bulan pada **"kolom 7"**  
Sedangkan pada orang dewasa usia 19 tahun keatas, cukup tahun pada **"kolom 6"**
- 9 Pada **"kolom 13"**, yaitu "Metode pengukuran kebugaran" , ketik seperti contoh yaitu : **"Rockport"** atau **"Jalan 6 menit"**

- 10 Pada "**kolom 14**", yaitu "Waktu dan jarak tempuh" , ketik waktu tempuhnya misal : 10.15 atau jarak tempuhnya , misal : 625 Jangan diberi m (meter)  
Jika terjadi salah ketik, maka pada "**kolom 16-20**" tidak keluar hasil dan muncul tanda "**#VA**"  
  
maka ubah penulisan desimal dari koma ( , ) menjadi titik ( • ) atau sebaliknya, misal 12,37
- 11 Kalau mau merubah tampilan, bisa diedit pada **Sheet Edit**
- 12 Semua data disarankan diketik langsung, jangan gunakan :
- GESER**
  - COPY**
  - PASTE**
  - CUT**
- untuk menjaga rumus tiap-tiap baris
- 13 Jika terjadi kesalahan atau hasil yang tidak sesuai, copy ulang file master ini dan lakukan pengetikan ulang mulai dari awal dan jangan gunakan **COPY, PASTE, CUT DAN**
- 14 Master Bugar ini bisa dipakai oleh program Gizi atau Program UKS untuk menentukan status
- 15 File ini sengaja "**di protect**" untuk menjaga keamanan rumus yang digunakan
- 16 Rumus -rumus yang kami gunakan dalam file ini mengacu pada :
- Buku Modul Pelatihan Pembinaan Kebugaran Jasmani, Kemenkes RI. Tahun 2017
  - Kartu Menuju Bugar ( KMB ) , cetakan Kementerian Kesehatan RI.
  - Tabel Klasifikasi kebugaran metode test jalan 6 menit
  - Buku Petunjuk teknis Pengukuran Kebugaran Jasmani, Depkes RI. 2005
  - Kepmenkes 1995/Menkes/SK/XII/2010 Tentang Standard Antropometri Penilaian Status
  - Permenkes No. 41 Tahun 2014 Tentang Pedoman Gizi Seimbang
- 17 File ini masih jauh dari sempurna. Untuk itu saran dan kritik sangatlah kami harapkan.  
Saran dan Kritik bisa disampaikan melalui email : [ppkokotamalang@yahoo.co.id](mailto:ppkokotamalang@yahoo.co.id)  
SEMOGA BERMANFAAT.....TRIMAKASIH.....

**SALAM CERIA : SEHAT.....BUGAR.....PRODUKTIF**

nya bisa

Klas, jabatan

la.

OB (Obesitas)

G (Gemuk)

gan sendirinya

**ALUE!"**

menjadi 12.37

**GESER.**

s gizi usia 6 tahun keatas.

Gizi Anak

## HASIL PENGUKURAN KEBUGARAN JASMANI

|                      |                   |
|----------------------|-------------------|
| INSTITUSI / KELOMPOK | SDK SANTA MARIA 1 |
| TANGGAL              | 02 September 2023 |

### HASIL PENGUKURAN STATUS GIZI

| KLASIFIKASI   | KODE | L         | P         | JUMLAH    | %      |
|---------------|------|-----------|-----------|-----------|--------|
| SANGAT KURUS  | SK   | 0         | 0         | 0         | 0.00   |
| KURUS         | K    | 0         | 0         | 0         | 0.00   |
| NORMAL        | N    | 0         | 0         | 0         | 0.00   |
| GEMUK         | G    | 0         | 0         | 0         | 0.00   |
| OBESITAS      | OB   | 0         | 0         | 0         | 0.00   |
| TIDAK DIUKUR  |      | 47        | 23        | 70        | 100.00 |
| <b>JUMLAH</b> |      | <b>47</b> | <b>23</b> | <b>70</b> |        |

### HASIL PENGUKURAN KEBUGARAN JASMANI

| KLASIFIKASI      | KODE | L         | P         | JUMLAH    | %     |
|------------------|------|-----------|-----------|-----------|-------|
| KURANG SEKALI    | KS   | 17        | 1         | 18        | 25.71 |
| KURANG           | K    | 16        | 12        | 28        | 40.00 |
| CUKUP            | C    | 12        | 10        | 22        | 31.43 |
| BAIK             | B    | 2         | 0         | 2         | 2.86  |
| BAIK SEKALI      | BS   | 0         | 0         | 0         | 0.00  |
| GAGAL/TDK DIUKUR | GGL  | 0         | 0         | 0         | 0.00  |
| <b>JUMLAH</b>    |      | <b>47</b> | <b>23</b> | <b>70</b> |       |

Pelaksana  
Kepala....

Nama  
NIP.

KOLOM INI WAJIB DIISI

SDK SANTA MARIA 1

02 September 2023

by PPKO Kota Malang Email : ppkokotamalang@yahoo.co.id

| No | Nama                   | Nomor Porsi | Alamat            | Umur  |       | Jenis Kel (L/P) | Status Gizi |    |         |          | Pengukuran Kebugaran Jasmani      |                      |          |        | Program Latihan Fisik |                     |                         |                            |
|----|------------------------|-------------|-------------------|-------|-------|-----------------|-------------|----|---------|----------|-----------------------------------|----------------------|----------|--------|-----------------------|---------------------|-------------------------|----------------------------|
|    |                        |             |                   | Tahun | Bulan |                 | TB          | BB | I M T   | Kriteria | Metode (Rockport / Jalan 6 Menit) | Waktu / Jarak Tempuh | V O2 Max | Hasil  | Frekwensi Latihan     | Denyut Nadi Latihan | Lama Inti Latihan Fisik | Tipe Latihan Fisik         |
|    |                        |             |                   | 6     | 7     | 8               | 9           | 10 | 11      | 12       | 13                                | 14                   | 15       | 16     | 17                    | 18                  | 19                      | 20                         |
| 1  | 3                      | 4           | 5                 |       |       |                 |             |    |         |          |                                   |                      |          |        |                       |                     |                         |                            |
| 1  |                        | KELAS 4     |                   |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   | 0                    |          |        |                       |                     |                         |                            |
| 2  | KORNELIUS PRADITYA     | -           | SDK SANTA MARIA 1 | 10    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 6.45                 | 0        | Cukup  | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |
| 3  | CHRISTIAN SANDY        | -           | SDK SANTA MARIA 1 | 10    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 6.54                 | 0        | Kurang | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 4  | ANDREAS LEONARDO       | -           | SDK SANTA MARIA 1 | 10    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 6.55                 | 0        | Kurang | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 5  | ADVENT RIVANNO         | -           | SDK SANTA MARIA 1 | 10    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 6.50                 | 0        | Cukup  | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |
| 6  | MATTHEW JUSTIN         | -           | SDK SANTA MARIA 1 | 11    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 6.49                 | 0        | Kurang | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 7  | MAXMILIAN DANTE PUTRA  | -           | SDK SANTA MARIA 1 | 10    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 6.57                 | 0        | Kurang | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 8  | REMIGIUS TIRTA ABNER   | -           | SDK SANTA MARIA 1 | 10    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 6.49                 | 0        | Cukup  | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |
| 9  | STANLEY MALACHI Y      | -           | SDK SANTA MARIA 1 | 10    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 6.49                 | 0        | Cukup  | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |
| 10 | SENANDUNG BAHANA H     | -           | SDK SANTA MARIA 1 | 10    | 0     | P               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 6.58                 | 0        | Cukup  | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |
| 11 | SHAN VALENTINO W       | -           | SDK SANTA MARIA 1 | 10    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 7.18                 | 0        | Kurang | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 12 | RAUL ZYORDANGIO KING S | -           | SDK SANTA MARIA 1 | 10    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 5.57                 | 0        | Cukup  | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |
| 13 | VINSENSIUS REYNO P     | -           | SDK SANTA MARIA 1 | 10    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 6.41                 | 0        | Cukup  | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |
| 14 | LADRINA ELENA PUTRI K  | -           | SDK SANTA MARIA 1 | 10    | 0     | P               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 7.04                 | 0        | Cukup  | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |
| 15 | GRACE BHAGAWANTA S     | -           | SDK SANTA MARIA 1 | 10    | 0     | P               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 7.06                 | 0        | Cukup  | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |
| 16 | TIRZA AYU QUEENETTA H  | -           | SDK SANTA MARIA 1 | 10    | 0     | P               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 7.15                 | 0        | Cukup  | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |
| 17 | AGNES SEKAR AURELIA    | -           | SDK SANTA MARIA 1 | 10    | 0     | P               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 7.11                 | 0        | Cukup  | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |

| No | Nama                   | Nomor Porsi | Alamat            | Umur  |       | Jenis Kel (L/P) | Status Gizi |    |         |          | Pengukuran Kebugaran Jasmani      |                      |          |               | Program Latihan Fisik |                     |                         |                                   |
|----|------------------------|-------------|-------------------|-------|-------|-----------------|-------------|----|---------|----------|-----------------------------------|----------------------|----------|---------------|-----------------------|---------------------|-------------------------|-----------------------------------|
|    |                        |             |                   | Tahun | Bulan |                 | TB          | BB | I M T   | Kriteria | Metode (Rockport / Jalan 6 Menit) | Waktu / Jarak Tempuh | V O2 Max | Hasil         | Frekwensi Latihan     | Denyut Nadi Latihan | Lama Inti Latihan Fisik | Tipe Latihan Fisik                |
|    |                        |             |                   |       |       |                 |             |    |         |          |                                   |                      |          |               |                       |                     |                         |                                   |
| 18 | ALEXANDER KELSEN WEA   | -           | SDK SANTA MARIA 1 | 10    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 7.01                 | 0        | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 19 |                        | KELAS 5     |                   |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |               |                       |                     |                         |                                   |
| 20 | MARCELLO MAJESTY TAN D | -           | SDK SANTA MARIA 1 | 11    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 6.42                 | 0        | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 21 | MICHAEL JULIO CAESAR   | -           | SDK SANTA MARIA 1 | 11    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 7.35                 | 0        | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 22 | SOFIA DWI ARYANA       | -           | SDK SANTA MARIA 1 | 10    | 0     | P               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 7.54                 | 0        | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 23 | ELCHARIS SHALOM GICA   | -           | SDK SANTA MARIA 1 | 11    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 7.32                 | 0        | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 24 | PAULUS JUSTIN          | -           | SDK SANTA MARIA 1 | 10    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 8.04                 | 0        | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 25 | ANGELLO ROISE OWEN     | -           | SDK SANTA MARIA 1 | 10    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 7.27                 | 0        | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 26 | BENNOAH GABELLA        | -           | SDK SANTA MARIA 1 | 10    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 7.52                 | 0        | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 27 | SAKURA EMMANUELLA      | -           | SDK SANTA MARIA 1 | 11    | 0     | P               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 8.01                 | 0        | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 28 | CATHERINE ARIELA       | -           | SDK SANTA MARIA 1 | 11    | 0     | P               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 7.47                 | 0        | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 29 | KHARISMA AMADEO        | -           | SDK SANTA MARIA 1 | 11    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 8.06                 | 0        | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 30 | PETER JATI PURNOMO     | -           | SDK SANTA MARIA 1 | 10    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 5.58                 | 0        | Cukup         | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2        |
| 31 | GABRIEL IGSANDI PUTRA  | -           | SDK SANTA MARIA 1 | 10    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 6.35                 | 0        | Cukup         | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2        |
| 32 | FILIPUS PUTRA D        | -           | SDK SANTA MARIA 1 | 10    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 5.31                 | 0        | Baik          | 4 - 5 X / Minggu      | 130 - 150 / Menit   | 40 - 60 Menit           | Latihan aerobik tipe 1 , 2 atau 3 |
| 33 | THEOFANO PUTRA         | -           | SDK SANTA MARIA 1 | 10    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 6.56                 | 0        | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 34 | GERALD ADHYASTHA       | -           | SDK SANTA MARIA 1 | 10    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 8.55                 | 0        | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 35 | YOHANA BENITA PUTRI E  | -           | SDK SANTA MARIA 1 | 10    | 0     | P               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 7.34                 | 0        | Cukup         | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2        |
| 36 | BILLYANO FRANATA       | -           | SDK SANTA MARIA 1 | 10    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 9.02                 | 0        | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 37 | PUTRA ARYA NATHANAEL   | -           | SDK SANTA MARIA 1 | 11    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 9.08                 | 0        | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 38 | KENZIE MORIA           | -           | SDK SANTA MARIA 1 | 10    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 9.57                 | 0        | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 39 | LAURENTIUS ALLENDO W   | -           | SDK SANTA MARIA 1 | 11    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 8.31                 | 0        | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 40 | JEREMY IMMANUEL F      | -           | SDK SANTA MARIA 1 | 10    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 6.26                 | 0        | Cukup         | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2        |
| 41 | ALOYSIUS MIKE ANGELO   | -           | SDK SANTA MARIA 1 | 10    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 7.25                 | 0        | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 42 | ALLENA PERMATA R       | -           | SDK SANTA MARIA 1 | 11    | 0     | P               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 10.01                | 0        | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 43 | RAFFELO BIMA SASONO    | -           | SDK SANTA MARIA 1 | 10    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 8.23                 | 0        | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 44 | STACEY OKLIE PUTRI     | -           | SDK SANTA MARIA 1 | 10    | 0     | P               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 8.02                 | 0        | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |

| No | Nama                             | Nomor Porsi | Alamat            | Umur  |       | Jenis Kel (L/P) | Status Gizi |    |         |          | Pengukuran Kebugaran Jasmani      |                      |          |               | Program Latihan Fisik |                     |                         |                                   |
|----|----------------------------------|-------------|-------------------|-------|-------|-----------------|-------------|----|---------|----------|-----------------------------------|----------------------|----------|---------------|-----------------------|---------------------|-------------------------|-----------------------------------|
|    |                                  |             |                   | Tahun | Bulan |                 | TB          | BB | I M T   | Kriteria | Metode (Rockport / Jalan 6 Menit) | Waktu / Jarak Tempuh | V O2 Max | Hasil         | Frekwensi Latihan     | Denyut Nadi Latihan | Lama Inti Latihan Fisik | Tipe Latihan Fisik                |
|    |                                  |             |                   |       |       |                 |             |    |         |          |                                   |                      |          |               |                       |                     |                         |                                   |
| 45 | AMELLIA JOVITA K                 | -           | SDK SANTA MARIA 1 | 10    | 0     | P               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 8.19                 | 0        | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 46 |                                  | KELAS 6     |                   |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |               |                       |                     |                         |                                   |
| 47 | OTNIEL DIO BAGUS                 | -           | SDK SANTA MARIA 1 | 11    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 5.57                 | 0        | Cukup         | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2        |
| 48 | ANANTA VINNO L                   | -           | SDK SANTA MARIA 1 | 11    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 5.02                 | 0        | Baik          | 4 - 5 X / Minggu      | 130 - 150 / Menit   | 40 - 60 Menit           | Latihan aerobik tipe 1 , 2 atau 3 |
| 49 | GEOVAN NAZARETA                  | -           | SDK SANTA MARIA 1 | 11    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 7.31                 | 0        | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 50 | HEAVENLY SETYA                   | -           | SDK SANTA MARIA 1 | 11    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 5.49                 | 0        | Cukup         | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2        |
| 51 | SHALLOM CHRISTABEL W             | -           | SDK SANTA MARIA 1 | 11    | 0     | P               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 7.47                 | 0        | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 52 | REINHARDT GRACIO C               | -           | SDK SANTA MARIA 1 | 11    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 8.13                 | 0        | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 53 | ANNORA NATHANIA T                | -           | SDK SANTA MARIA 1 | 11    | 0     | P               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 8.10                 | 0        | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 54 | CIELO KIRANA PUTRI               | -           | SDK SANTA MARIA 1 | 11    | 0     | P               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 8.15                 | 0        | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 55 | FELICIA LEONATA                  | -           | SDK SANTA MARIA 1 | 11    | 0     | P               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 8.17                 | 0        | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 56 | CHRISTOPER KELVIN A              | -           | SDK SANTA MARIA 1 | 11    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 7.54                 | 0        | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 57 | CAROLINA KURNIA AYU              | -           | SDK SANTA MARIA 1 | 11    | 0     | P               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 7.50                 | 0        | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 58 | KENZIE IGNATAMA P                | -           | SDK SANTA MARIA 1 | 11    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 6.52                 | 0        | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 59 | DEVANO GABRIEL N                 | -           | SDK SANTA MARIA 1 | 11    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 6.18                 | 0        | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 60 | ANASTASIA CATALEYA T             | -           | SDK SANTA MARIA 1 | 11    | 0     | P               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 6.45                 | 0        | Cukup         | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2        |
| 61 | MIKHAEL LEON HUTAHURUK           | -           | SDK SANTA MARIA 1 | 12    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 7.28                 | 0        | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 62 | BENEDICTUS NOEL BAGAS            | -           | SDK SANTA MARIA 1 | 11    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 6.22                 | 0        | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 63 | ALICE CALISTA CHRISTOVANI        | -           | SDK SANTA MARIA 1 | 11    | 0     | P               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 7.05                 | 0        | Cukup         | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2        |
| 64 | TYA DEALOVA NAYCHAN              | -           | SDK SANTA MARIA 1 | 11    | 0     | P               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 7.30                 | 0        | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 65 | LENORA CLOE ORVILEA D            | -           | SDK SANTA MARIA 1 | 11    | 0     | P               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 7.11                 | 0        | Cukup         | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2        |
| 66 | ALVONSIUS JOSUA BINTANG SETIAWAN | -           | SDK SANTA MARIA 1 | 11    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 6.59                 | 0        | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 67 | YONATHAN PUTRA DWI NANDA         | -           | SDK SANTA MARIA 1 | 12    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 6.27                 | 0        | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 68 | AGATA CHRISTY PUTRI S            | -           | SDK SANTA MARIA 1 | 11    | 0     | P               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 6.54                 | 0        | Cukup         | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2        |
| 69 | GAVYN ARKHAREGA C                | -           | SDK SANTA MARIA 1 | 12    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 7.27                 | 0        | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 70 | RAKA HIZKIA ADHIE P              | -           | SDK SANTA MARIA 1 | 12    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 5.49                 | 0        | Cukup         | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2        |
| 71 | CATHARINE EKKLESIA B             | -           | SDK SANTA MARIA 1 | 12    | 0     | P               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 7.02                 | 0        | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |

| No | Nama                   | Nomor Porsi | Alamat            | Umur  |       | Jenis Kel (L/P) | Status Gizi |    |         |          | Pengukuran Kebugaran Jasmani      |                      |          |               | Program Latihan Fisik |                     |                         |                        |
|----|------------------------|-------------|-------------------|-------|-------|-----------------|-------------|----|---------|----------|-----------------------------------|----------------------|----------|---------------|-----------------------|---------------------|-------------------------|------------------------|
|    |                        |             |                   | Tahun | Bulan |                 | TB          | BB | I M T   | Kriteria | Metode (Rockport / Jalan 6 Menit) | Waktu / Jarak Tempuh | V O2 Max | Hasil         | Frekwensi Latihan     | Denyut Nadi Latihan | Lama Inti Latihan Fisik | Tipe Latihan Fisik     |
|    |                        |             |                   |       |       |                 |             |    |         |          |                                   |                      |          |               |                       |                     |                         |                        |
| 72 | VALENTINO JOSHUA M     | -           | SDK SANTA MARIA 1 | 12    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 7.09                 | 0        | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1 |
| 73 | STEFANUS IMANUEL NOVAN | -           | SDK SANTA MARIA 1 | 11    | 0     | L               |             |    | #DIV/0! | #DIV/0!  | Rockport                          | 7.31                 | 0        | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1 |
| 74 |                        |             |                   |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |               |                       |                     |                         |                        |
| 75 |                        |             |                   |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |               |                       |                     |                         |                        |
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| 84 |                        |             |                   |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |               |                       |                     |                         |                        |
| 85 |                        |             |                   |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |               |                       |                     |                         |                        |
| 86 |                        |             |                   |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |               |                       |                     |                         |                        |
| 87 |                        |             |                   |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |               |                       |                     |                         |                        |
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| 97 |                        |             |                   |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |               |                       |                     |                         |                        |
| 98 |                        |             |                   |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |               |                       |                     |                         |                        |



| No  | Nama | Nomor Porsi | Alamat | Umur  |       | Jenis Kel (L/P) | Status Gizi |    |         |          | Pengukuran Kebugaran Jasmani      |                      |          |         | Program Latihan Fisik |                     |                         |                    |  |
|-----|------|-------------|--------|-------|-------|-----------------|-------------|----|---------|----------|-----------------------------------|----------------------|----------|---------|-----------------------|---------------------|-------------------------|--------------------|--|
|     |      |             |        | Tahun | Bulan |                 | TB          | BB | I M T   | Kriteria | Metode (Rockport / Jalan 6 Menit) | Waktu / Jarak Tempuh | V O2 Max | Hasil   | Frekwensi Latihan     | Denyut Nadi Latihan | Lama Inti Latihan Fisik | Tipe Latihan Fisik |  |
|     |      |             |        | 99    |       |                 |             |    |         |          |                                   |                      | #DIV/0!  | #DIV/0! |                       |                     | 0                       |                    |  |
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| 108 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |         |                       |                     |                         |                    |  |
| 109 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |         |                       |                     |                         |                    |  |
| 110 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |         |                       |                     |                         |                    |  |
| 111 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |         |                       |                     |                         |                    |  |
| 112 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |         |                       |                     |                         |                    |  |
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| 114 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |         |                       |                     |                         |                    |  |
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| 116 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |         |                       |                     |                         |                    |  |
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| 124 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |         |                       |                     |                         |                    |  |
| 125 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |         |                       |                     |                         |                    |  |

| No  | Nama | Nomor Porsi | Alamat | Umur  |       | Jenis Kel (L/P) | Status Gizi |    |       |          | Pengukuran Kebugaran Jasmani      |                      |          |       | Program Latihan Fisik |                     |                         |                    |  |
|-----|------|-------------|--------|-------|-------|-----------------|-------------|----|-------|----------|-----------------------------------|----------------------|----------|-------|-----------------------|---------------------|-------------------------|--------------------|--|
|     |      |             |        | Tahun | Bulan |                 | TB          | BB | I M T | Kriteria | Metode (Rockport / Jalan 6 Menit) | Waktu / Jarak Tempuh | V O2 Max | Hasil | Frekwensi Latihan     | Denyut Nadi Latihan | Lama Inti Latihan Fisik | Tipe Latihan Fisik |  |
|     |      |             |        |       |       |                 |             |    |       |          |                                   |                      |          |       |                       |                     |                         |                    |  |
| 126 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
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| 128 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 129 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
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| 134 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 135 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 136 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 137 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 138 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 139 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 140 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 141 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 142 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 143 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 144 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 145 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 146 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 147 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 148 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 149 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 150 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 151 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 152 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |

| No  | Nama | Nomor Porsi | Alamat | Umur  |       | Jenis Kel (L/P) | Status Gizi |    |         |          | Pengukuran Kebugaran Jasmani      |                      |          |       | Program Latihan Fisik |                     |                         |                    |
|-----|------|-------------|--------|-------|-------|-----------------|-------------|----|---------|----------|-----------------------------------|----------------------|----------|-------|-----------------------|---------------------|-------------------------|--------------------|
|     |      |             |        | Tahun | Bulan |                 | TB          | BB | I M T   | Kriteria | Metode (Rockport / Jalan 6 Menit) | Waktu / Jarak Tempuh | V O2 Max | Hasil | Frekwensi Latihan     | Denyut Nadi Latihan | Lama Inti Latihan Fisik | Tipe Latihan Fisik |
|     |      |             |        |       |       |                 |             |    |         |          |                                   |                      |          |       |                       |                     |                         |                    |
| 153 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
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| 157 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 158 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 159 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 160 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 161 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 162 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 163 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 164 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 165 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 166 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 167 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 168 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 169 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 170 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 171 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 172 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 173 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 174 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 175 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 176 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 177 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 178 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 179 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |

| No  | Nama | Nomor Porsi | Alamat | Umur  |       | Jenis Kel (L/P) | Status Gizi |    |         |          | Pengukuran Kebugaran Jasmani      |                      |          |       | Program Latihan Fisik |                     |                         |                    |
|-----|------|-------------|--------|-------|-------|-----------------|-------------|----|---------|----------|-----------------------------------|----------------------|----------|-------|-----------------------|---------------------|-------------------------|--------------------|
|     |      |             |        | Tahun | Bulan |                 | TB          | BB | I M T   | Kriteria | Metode (Rockport / Jalan 6 Menit) | Waktu / Jarak Tempuh | V O2 Max | Hasil | Frekwensi Latihan     | Denyut Nadi Latihan | Lama Inti Latihan Fisik | Tipe Latihan Fisik |
|     |      |             |        |       |       |                 |             |    |         |          |                                   |                      |          |       |                       |                     |                         |                    |
| 180 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 181 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 182 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 183 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 184 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 185 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 186 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 187 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 188 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 189 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 190 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 191 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 192 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 193 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 194 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 195 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 196 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 197 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 198 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 199 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 200 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 201 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 202 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 203 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 204 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 205 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 206 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |

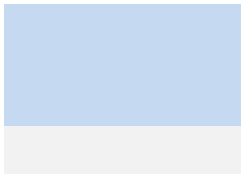
| No  | Nama | Nomor Porsi | Alamat | Umur  |       | Jenis Kel (L/P) | Status Gizi |    |         |          | Pengukuran Kebugaran Jasmani      |                      |          |       | Program Latihan Fisik |                     |                         |                    |
|-----|------|-------------|--------|-------|-------|-----------------|-------------|----|---------|----------|-----------------------------------|----------------------|----------|-------|-----------------------|---------------------|-------------------------|--------------------|
|     |      |             |        | Tahun | Bulan |                 | TB          | BB | I M T   | Kriteria | Metode (Rockport / Jalan 6 Menit) | Waktu / Jarak Tempuh | V O2 Max | Hasil | Frekwensi Latihan     | Denyut Nadi Latihan | Lama Inti Latihan Fisik | Tipe Latihan Fisik |
|     |      |             |        |       |       |                 |             |    |         |          |                                   |                      |          |       |                       |                     |                         |                    |
| 207 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 208 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 209 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 210 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 211 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 212 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 213 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 214 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 215 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 216 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 217 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 218 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 219 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 220 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 221 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 222 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 223 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 224 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 225 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 226 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 227 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 228 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 229 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 230 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 231 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 232 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 233 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |

| No  | Nama | Nomor Porsi | Alamat | Umur  |       | Jenis Kel (L/P) | Status Gizi |    |         |          | Pengukuran Kebugaran Jasmani      |                      |          |       | Program Latihan Fisik |                     |                         |                    |
|-----|------|-------------|--------|-------|-------|-----------------|-------------|----|---------|----------|-----------------------------------|----------------------|----------|-------|-----------------------|---------------------|-------------------------|--------------------|
|     |      |             |        | Tahun | Bulan |                 | TB          | BB | I M T   | Kriteria | Metode (Rockport / Jalan 6 Menit) | Waktu / Jarak Tempuh | V O2 Max | Hasil | Frekwensi Latihan     | Denyut Nadi Latihan | Lama Inti Latihan Fisik | Tipe Latihan Fisik |
|     |      |             |        |       |       |                 |             |    |         |          |                                   |                      |          |       |                       |                     |                         |                    |
| 234 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 235 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 236 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 237 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 238 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 239 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 240 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 241 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 242 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 243 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 244 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 245 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 246 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 247 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 248 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 249 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 250 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 251 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 252 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 253 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 254 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 255 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 256 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 257 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 258 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 259 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 260 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |

| No  | Nama | Nomor Porsi | Alamat | Umur  |       | Jenis Kel (L/P) | Status Gizi |    |       |          | Pengukuran Kebugaran Jasmani      |                      |          |       | Program Latihan Fisik |                     |                         |                    |  |
|-----|------|-------------|--------|-------|-------|-----------------|-------------|----|-------|----------|-----------------------------------|----------------------|----------|-------|-----------------------|---------------------|-------------------------|--------------------|--|
|     |      |             |        | Tahun | Bulan |                 | TB          | BB | I M T | Kriteria | Metode (Rockport / Jalan 6 Menit) | Waktu / Jarak Tempuh | V O2 Max | Hasil | Frekwensi Latihan     | Denyut Nadi Latihan | Lama Inti Latihan Fisik | Tipe Latihan Fisik |  |
|     |      |             |        |       |       |                 |             |    |       |          |                                   |                      |          |       |                       |                     |                         |                    |  |
| 261 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 262 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 263 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 264 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 265 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 266 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 267 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 268 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 269 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 270 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 271 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 272 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 273 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 274 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 275 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 276 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 277 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 278 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 279 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 280 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 281 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 282 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 283 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 284 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 285 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 286 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |
| 287 |      |             |        |       |       |                 |             |    |       | #DIV/0!  | #DIV/0!                           |                      |          | 0     |                       |                     |                         |                    |  |

| No  | Nama | Nomor Porsi | Alamat | Umur  |       | Jenis Kel (L/P) | Status Gizi |    |         |          | Pengukuran Kebugaran Jasmani      |                      |          |       | Program Latihan Fisik |                     |                         |                    |
|-----|------|-------------|--------|-------|-------|-----------------|-------------|----|---------|----------|-----------------------------------|----------------------|----------|-------|-----------------------|---------------------|-------------------------|--------------------|
|     |      |             |        | Tahun | Bulan |                 | TB          | BB | I M T   | Kriteria | Metode (Rockport / Jalan 6 Menit) | Waktu / Jarak Tempuh | V O2 Max | Hasil | Frekwensi Latihan     | Denyut Nadi Latihan | Lama Inti Latihan Fisik | Tipe Latihan Fisik |
|     |      |             |        |       |       |                 |             |    |         |          |                                   |                      |          |       |                       |                     |                         |                    |
| 288 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 289 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 290 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 291 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 292 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 293 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 294 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 295 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 296 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 297 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 298 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 299 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 300 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 301 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 302 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 303 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 304 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 305 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 306 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 307 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 308 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 309 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |
| 310 |      |             |        |       |       |                 |             |    | #DIV/0! | #DIV/0!  |                                   |                      | 0        |       |                       |                     |                         |                    |





























## HASIL PENGUKURAN KEBUGARAN JASMANI

|                      |                   |
|----------------------|-------------------|
| INSTITUSI / KELOMPOK | SDK SANTA MARIA 1 |
| 0                    | #####             |
| Tanggal Pelaksanaan  | 02 September 2023 |

### HASIL PENGUKURAN STATUS GIZI

| KLASIFIKASI  | KODE | L  | P  | JUMLAH | %      |
|--------------|------|----|----|--------|--------|
| SANGAT KURUS | SK   | 0  | 0  | 0      | 0.00   |
| KURUS        | K    | 0  | 0  | 0      | 0.00   |
| NORMAL       | N    | 0  | 0  | 0      | 0.00   |
| GEMUK        | G    | 0  | 0  | 0      | 0.00   |
| OBESITAS     | OB   | 0  | 0  | 0      | 0.00   |
| TIDAK DIUKUR |      | 47 | 23 | 70     | 100.00 |
| JUMLAH       |      | 47 | 23 | 70     |        |

### HASIL PENGUKURAN KEBUGARAN JASMANI

| KLASIFIKASI          | KODE | L  | P  | JUMLAH | %     |
|----------------------|------|----|----|--------|-------|
| KURANG SEKALI        | KS   | 17 | 1  | 18     | 25.71 |
| KURANG               | K    | 16 | 12 | 28     | 40.00 |
| CUKUP                | C    | 12 | 10 | 22     | 31.43 |
| BAIK                 | B    | 2  | 0  | 2      | 2.86  |
| BAIK SEKALI          | BS   | 0  | 0  | 0      | 0.00  |
| GAGAL / TIDAK DIUKUR | GGL  | 0  | 0  | 0      | 0.00  |
| JUMLAH               |      | 47 | 23 | 70     |       |

Pelaksana  
Kepala....

Nama  
NIP.

SDK SANTA MARIA 1

#####

2-Sep-23

by PPKO Kota Malang Email : ppkotamalang@yahoo.co.id

| No | Nama                   | Nomor Porsi | Alamat            | Umur |       |           | Status Gizi |    |         |          |          | Pengukuran Kebugaran Jasmani |                      |        |                   | Program Latihan Fisik |                         |                            |       |
|----|------------------------|-------------|-------------------|------|-------|-----------|-------------|----|---------|----------|----------|------------------------------|----------------------|--------|-------------------|-----------------------|-------------------------|----------------------------|-------|
|    |                        |             |                   | Umur |       | Jenis Kel | TB          | BB | I M T   | Kriteria | Metode   | Waktu / Jarak Tempuh         | V O <sub>2</sub> Max | Hasil  | Frekwensi Latihan | Denyut Nadi Latihan   | Lama Inti Latihan Fisik | Tipe Latihan Fisik         |       |
|    |                        |             |                   | Thn  | Bulan |           |             |    |         |          |          |                              |                      |        |                   |                       |                         |                            | (L/P) |
| 1  | 3                      | 4           | 5                 | 6    | 7     | 8         | 9           | 10 | 11      | 12       | 13       | 14                           | 15                   | 16     | 17                | 18                    | 19                      | 20                         |       |
| 1  | 0                      | KELAS 4     | 0                 | 0    | 0     | 0         | 0           | 0  | #DIV/0! | #DIV/0!  |          | 0                            | 0                    |        |                   |                       |                         |                            |       |
| 2  | KORNELIUS PRADITYA     | -           | SDK SANTA MARIA 1 | 10   | 0     | L         | 0           | 0  | #DIV/0! | #DIV/0!  | Rockport | 6.45                         | 0                    | Cukup  | 3 X Seminggu      | 120 - 130 / Menit     | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |       |
| 3  | CHRISTIAN SANDY        | -           | SDK SANTA MARIA 1 | 10   | 0     | L         | 0           | 0  | #DIV/0! | #DIV/0!  | Rockport | 6.54                         | 0                    | Kurang | 2 X Seminggu      | 100 - 120 / Menit     | 20 - 30 Menit           | Latihan aerobik tipe 1     |       |
| 4  | ANDREAS LEONARDO       | -           | SDK SANTA MARIA 1 | 10   | 0     | L         | 0           | 0  | #DIV/0! | #DIV/0!  | Rockport | 6.55                         | 0                    | Kurang | 2 X Seminggu      | 100 - 120 / Menit     | 20 - 30 Menit           | Latihan aerobik tipe 1     |       |
| 5  | ADVENT RIVANNO         | -           | SDK SANTA MARIA 1 | 10   | 0     | L         | 0           | 0  | #DIV/0! | #DIV/0!  | Rockport | 6.5                          | 0                    | Cukup  | 3 X Seminggu      | 120 - 130 / Menit     | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |       |
| 6  | MATTHEW JUSTIN         | -           | SDK SANTA MARIA 1 | 11   | 0     | L         | 0           | 0  | #DIV/0! | #DIV/0!  | Rockport | 6.49                         | 0                    | Kurang | 2 X Seminggu      | 100 - 120 / Menit     | 20 - 30 Menit           | Latihan aerobik tipe 1     |       |
| 7  | MAXMILIAN DANTE PUTRA  | -           | SDK SANTA MARIA 1 | 10   | 0     | L         | 0           | 0  | #DIV/0! | #DIV/0!  | Rockport | 6.57                         | 0                    | Kurang | 2 X Seminggu      | 100 - 120 / Menit     | 20 - 30 Menit           | Latihan aerobik tipe 1     |       |
| 8  | REMIGIUS TIRTA ABNER   | -           | SDK SANTA MARIA 1 | 10   | 0     | L         | 0           | 0  | #DIV/0! | #DIV/0!  | Rockport | 6.49                         | 0                    | Cukup  | 3 X Seminggu      | 120 - 130 / Menit     | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |       |
| 9  | STANLEY MALACHI Y      | -           | SDK SANTA MARIA 1 | 10   | 0     | L         | 0           | 0  | #DIV/0! | #DIV/0!  | Rockport | 6.49                         | 0                    | Cukup  | 3 X Seminggu      | 120 - 130 / Menit     | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |       |
| 10 | SENANDUNG BAHANA H     | -           | SDK SANTA MARIA 1 | 10   | 0     | P         | 0           | 0  | #DIV/0! | #DIV/0!  | Rockport | 6.58                         | 0                    | Cukup  | 3 X Seminggu      | 120 - 130 / Menit     | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |       |
| 11 | SHAN VALENTINO W       | -           | SDK SANTA MARIA 1 | 10   | 0     | L         | 0           | 0  | #DIV/0! | #DIV/0!  | Rockport | 7.18                         | 0                    | Kurang | 2 X Seminggu      | 100 - 120 / Menit     | 20 - 30 Menit           | Latihan aerobik tipe 1     |       |
| 12 | RAUL ZYORDANGIO KING S | -           | SDK SANTA MARIA 1 | 10   | 0     | L         | 0           | 0  | #DIV/0! | #DIV/0!  | Rockport | 5.57                         | 0                    | Cukup  | 3 X Seminggu      | 120 - 130 / Menit     | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |       |
| 13 | VINSENSIUS REYNO P     | -           | SDK SANTA MARIA 1 | 10   | 0     | L         | 0           | 0  | #DIV/0! | #DIV/0!  | Rockport | 6.41                         | 0                    | Cukup  | 3 X Seminggu      | 120 - 130 / Menit     | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |       |
| 14 | LADRINA ELENA PUTRI K  | -           | SDK SANTA MARIA 1 | 10   | 0     | P         | 0           | 0  | #DIV/0! | #DIV/0!  | Rockport | 7.04                         | 0                    | Cukup  | 3 X Seminggu      | 120 - 130 / Menit     | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |       |
| 15 | GRACE BHAGAWANTA S     | -           | SDK SANTA MARIA 1 | 10   | 0     | P         | 0           | 0  | #DIV/0! | #DIV/0!  | Rockport | 7.06                         | 0                    | Cukup  | 3 X Seminggu      | 120 - 130 / Menit     | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |       |
| 16 | TIRZA AYU QUEENETTA H  | -           | SDK SANTA MARIA 1 | 10   | 0     | P         | 0           | 0  | #DIV/0! | #DIV/0!  | Rockport | 7.15                         | 0                    | Cukup  | 3 X Seminggu      | 120 - 130 / Menit     | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |       |
| 17 | AGNES SEKAR AURELIA    | -           | SDK SANTA MARIA 1 | 10   | 0     | P         | 0           | 0  | #DIV/0! | #DIV/0!  | Rockport | 7.11                         | 0                    | Cukup  | 3 X Seminggu      | 120 - 130 / Menit     | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |       |
| 18 | ALEXANDER KELSEN WEA   | -           | SDK SANTA MARIA 1 | 10   | 0     | L         | 0           | 0  | #DIV/0! | #DIV/0!  | Rockport | 7.01                         | 0                    | Kurang | 2 X Seminggu      | 100 - 120 / Menit     | 20 - 30 Menit           | Latihan aerobik tipe 1     |       |
| 19 | 0                      | KELAS 5     | 0                 | 0    | 0     | 0         | 0           | 0  | #DIV/0! | #DIV/0!  |          | 0                            | 0                    |        |                   |                       |                         |                            |       |

| No | Nama                  | Nomor Porsi | Alamat            | Umur |                        | Jenis Kel (L/P) | Status Gizi       |    |         |          | Pengukuran Kebugaran Jasmani |                      |                      |               | Program Latihan Fisik |                     |                         |                                   |
|----|-----------------------|-------------|-------------------|------|------------------------|-----------------|-------------------|----|---------|----------|------------------------------|----------------------|----------------------|---------------|-----------------------|---------------------|-------------------------|-----------------------------------|
|    |                       |             |                   | Thn  | Bulan                  |                 | TB                | BB | I M T   | Kriteria | Metode                       | Waktu / Jarak Tempuh | V O <sub>2</sub> Max | Hasil         | Frekwensi Latihan     | Denyut Nadi Latihan | Lama Inti Latihan Fisik | Tipe Latihan Fisik                |
|    |                       |             |                   | 20   | MARCELLO MAJESTY TAN D | -               | SDK SANTA MARIA 1 | 11 | 0       | L        | 0                            | 0                    | #DIV/0!              | #DIV/0!       | Rockport              | 6.42                | 0                       | Kurang                            |
| 21 | MICHAEL JULIO CAESAR  | -           | SDK SANTA MARIA 1 | 11   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.35                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 22 | SOFIA DWI ARYANA      | -           | SDK SANTA MARIA 1 | 10   | 0                      | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.54                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 23 | ELCHARIS SHALOM GICA  | -           | SDK SANTA MARIA 1 | 11   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.32                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 24 | PAULUS JUSTIN         | -           | SDK SANTA MARIA 1 | 10   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 8.04                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 25 | ANGELLO ROISE OWEN    | -           | SDK SANTA MARIA 1 | 10   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.27                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 26 | BENNOAH GABELLA       | -           | SDK SANTA MARIA 1 | 10   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.52                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 27 | SAKURA EMMANUELLA     | -           | SDK SANTA MARIA 1 | 11   | 0                      | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 8.01                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 28 | CATHERINE ARIELA      | -           | SDK SANTA MARIA 1 | 11   | 0                      | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.47                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 29 | KHARISMA AMADEO       | -           | SDK SANTA MARIA 1 | 11   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 8.06                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 30 | PETER JATI PURNOMO    | -           | SDK SANTA MARIA 1 | 10   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 5.58                 | 0                    | Cukup         | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2        |
| 31 | GABRIEL IGSANDI PUTRA | -           | SDK SANTA MARIA 1 | 10   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 6.35                 | 0                    | Cukup         | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2        |
| 32 | FILIPUS PUTRA D       | -           | SDK SANTA MARIA 1 | 10   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 5.31                 | 0                    | Baik          | 4 - 5 X / Minggu      | 130 - 150 / Menit   | 40 - 60 Menit           | Latihan aerobik tipe 1 , 2 atau 3 |
| 33 | THEOFANO PUTRA        | -           | SDK SANTA MARIA 1 | 10   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 6.56                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 34 | GERALD ADHYASTHA      | -           | SDK SANTA MARIA 1 | 10   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 8.55                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 35 | YOHANA BENITA PUTRI E | -           | SDK SANTA MARIA 1 | 10   | 0                      | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.34                 | 0                    | Cukup         | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2        |
| 36 | BILLYANO FRANATA      | -           | SDK SANTA MARIA 1 | 10   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 9.02                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 37 | PUTRA ARYA NATHANAEL  | -           | SDK SANTA MARIA 1 | 11   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 9.08                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 38 | KENZIE MORIA          | -           | SDK SANTA MARIA 1 | 10   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 9.57                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 39 | LAURENTIUS ALLENDO W  | -           | SDK SANTA MARIA 1 | 11   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 8.31                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 40 | JEREMY IMMANUEL F     | -           | SDK SANTA MARIA 1 | 10   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 6.26                 | 0                    | Cukup         | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2        |
| 41 | ALOYSIUS MIKE ANGELO  | -           | SDK SANTA MARIA 1 | 10   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.25                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 42 | ALLENA PERMATA R      | -           | SDK SANTA MARIA 1 | 11   | 0                      | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 10.01                | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 43 | RAFFELO BIMA SASONO   | -           | SDK SANTA MARIA 1 | 10   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 8.23                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 44 | STACEY OKLIE PUTRI    | -           | SDK SANTA MARIA 1 | 10   | 0                      | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 8.02                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 45 | AMELLIA JOVITA K      | -           | SDK SANTA MARIA 1 | 10   | 0                      | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 8.19                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 46 | 0                     | KELAS 6     | 0                 | 0    | 0                      | 0               | 0                 | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |               |                       |                     |                         |                                   |
| 47 | OTNIEL DIO BAGUS      | -           | SDK SANTA MARIA 1 | 11   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 5.57                 | 0                    | Cukup         | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2        |

| No | Nama                             | Nomor Porsi | Alamat            | Umur |                | Jenis Kel (L/P) | Status Gizi       |    |         |          | Pengukuran Kebugaran Jasmani |                      |                      |               | Program Latihan Fisik |                     |                         |                            |
|----|----------------------------------|-------------|-------------------|------|----------------|-----------------|-------------------|----|---------|----------|------------------------------|----------------------|----------------------|---------------|-----------------------|---------------------|-------------------------|----------------------------|
|    |                                  |             |                   | Thn  | Bulan          |                 | TB                | BB | I M T   | Kriteria | Metode                       | Waktu / Jarak Tempuh | V O <sub>2</sub> Max | Hasil         | Frekwensi Latihan     | Denyut Nadi Latihan | Lama Inti Latihan Fisik | Tipe Latihan Fisik         |
|    |                                  |             |                   | 48   | ANANTA VINNO L | -               | SDK SANTA MARIA 1 | 11 | 0       | L        | 0                            | 0                    | #DIV/0!              | #DIV/0!       | Rockport              | 5.02                | 0                       | Baik                       |
| 49 | GEOVAN NAZARETA                  | -           | SDK SANTA MARIA 1 | 11   | 0              | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.31                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 50 | HEAVENLY SETYA                   | -           | SDK SANTA MARIA 1 | 11   | 0              | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 5.49                 | 0                    | Cukup         | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |
| 51 | SHALLOM CHRISTABEL W             | -           | SDK SANTA MARIA 1 | 11   | 0              | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.47                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 52 | REINHARDT GRACIO C               | -           | SDK SANTA MARIA 1 | 11   | 0              | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 8.13                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 53 | ANNORA NATHANIA T                | -           | SDK SANTA MARIA 1 | 11   | 0              | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 8.1                  | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 54 | CIELO KIRANA PUTRI               | -           | SDK SANTA MARIA 1 | 11   | 0              | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 8.15                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 55 | FELICIA LEONATA                  | -           | SDK SANTA MARIA 1 | 11   | 0              | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 8.17                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 56 | CHRISTOPER KELVIN A              | -           | SDK SANTA MARIA 1 | 11   | 0              | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.54                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 57 | CAROLINA KURNIA AYU              | -           | SDK SANTA MARIA 1 | 11   | 0              | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.5                  | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 58 | KENZIE IGNATAMA P                | -           | SDK SANTA MARIA 1 | 11   | 0              | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 6.52                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 59 | DEVANO GABRIEL N                 | -           | SDK SANTA MARIA 1 | 11   | 0              | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 6.18                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 60 | ANASTASIA CATALEYA T             | -           | SDK SANTA MARIA 1 | 11   | 0              | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 6.45                 | 0                    | Cukup         | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |
| 61 | MIKHAEL LEON HUTAHURUK           | -           | SDK SANTA MARIA 1 | 12   | 0              | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.28                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 62 | BENEDICTUS NOEL BAGAS            | -           | SDK SANTA MARIA 1 | 11   | 0              | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 6.22                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 63 | ALICE CALISTA CHRISTOVANI        | -           | SDK SANTA MARIA 1 | 11   | 0              | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.05                 | 0                    | Cukup         | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |
| 64 | TYA DEALOVA NAYCHAN              | -           | SDK SANTA MARIA 1 | 11   | 0              | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.3                  | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 65 | LENORA CLOE ORVILEA D            | -           | SDK SANTA MARIA 1 | 11   | 0              | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.11                 | 0                    | Cukup         | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |
| 66 | ALVONSIUS JOSUA BINTANG SETIAWAN | -           | SDK SANTA MARIA 1 | 11   | 0              | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 6.59                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 67 | YONATHAN PUTRA DWI NANDA         | -           | SDK SANTA MARIA 1 | 12   | 0              | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 6.27                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 68 | AGATA CHRISTY PUTRI S            | -           | SDK SANTA MARIA 1 | 11   | 0              | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 6.54                 | 0                    | Cukup         | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |
| 69 | GAVYN ARKHAREGA C                | -           | SDK SANTA MARIA 1 | 12   | 0              | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.27                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 70 | RAKA HIZKIA ADHIE P              | -           | SDK SANTA MARIA 1 | 12   | 0              | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 5.49                 | 0                    | Cukup         | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |
| 71 | CATHARINE EKKLESIA B             | -           | SDK SANTA MARIA 1 | 12   | 0              | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.02                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 72 | VALENTINO JOSHUA M               | -           | SDK SANTA MARIA 1 | 12   | 0              | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.09                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 73 | STEFANUS IMANUEL NOVAN           | -           | SDK SANTA MARIA 1 | 11   | 0              | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.31                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 74 | 0                                | 0           | 0                 | 0    | 0              | 0               | 0                 | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |               |                       |                     |                         |                            |
| 75 | 0                                | 0           | 0                 | 0    | 0              | 0               | 0                 | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |               |                       |                     |                         |                            |

| No  | Nama | Nomor Porsi | Alamat | Umur |       | Jenis Kel (L/P) | Status Gizi |    |         |          | Pengukuran Kebugaran Jasmani |                      |                      |         | Program Latihan Fisik |                     |                         |                    |
|-----|------|-------------|--------|------|-------|-----------------|-------------|----|---------|----------|------------------------------|----------------------|----------------------|---------|-----------------------|---------------------|-------------------------|--------------------|
|     |      |             |        | Thn  | Bulan |                 | TB          | BB | I M T   | Kriteria | Metode                       | Waktu / Jarak Tempuh | V O <sub>2</sub> Max | Hasil   | Frekwensi Latihan     | Denyut Nadi Latihan | Lama Inti Latihan Fisik | Tipe Latihan Fisik |
|     |      |             |        | 76   | 0     | 0               | 0           | 0  | 0       | 0        | 0                            | 0                    | #DIV/0!              | #DIV/0! |                       | 0                   | 0                       |                    |
| 77  | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 78  | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 79  | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 80  | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 81  | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 82  | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 83  | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 84  | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 85  | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 86  | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 87  | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 88  | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 89  | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 90  | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 91  | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 92  | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 93  | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 94  | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 95  | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 96  | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 97  | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 98  | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 99  | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 100 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 101 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 102 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 103 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |



| No  | Nama | Nomor Porsi | Alamat | Umur |       | Jenis Kel (L/P) | Status Gizi |    |         |          | Pengukuran Kebugaran Jasmani |                      |                      |         | Program Latihan Fisik |                     |                         |                    |
|-----|------|-------------|--------|------|-------|-----------------|-------------|----|---------|----------|------------------------------|----------------------|----------------------|---------|-----------------------|---------------------|-------------------------|--------------------|
|     |      |             |        | Thn  | Bulan |                 | TB          | BB | I M T   | Kriteria | Metode                       | Waktu / Jarak Tempuh | V O <sub>2</sub> Max | Hasil   | Frekwensi Latihan     | Denyut Nadi Latihan | Lama Inti Latihan Fisik | Tipe Latihan Fisik |
|     |      |             |        | 104  | 0     | 0               | 0           | 0  | 0       | 0        | 0                            | 0                    | #DIV/0!              | #DIV/0! |                       | 0                   | 0                       |                    |
| 105 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 106 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 107 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 108 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 109 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 110 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 111 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 112 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 113 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 114 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 115 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 116 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 117 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 118 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 119 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 120 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 121 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 122 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 123 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 124 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 125 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 126 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 127 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 128 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 129 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 130 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 131 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |

| No  | Nama | Nomor Porsi | Alamat | Umur |       | Jenis Kel (L/P) | Status Gizi |    |         |          | Pengukuran Kebugaran Jasmani |                      |                      |         | Program Latihan Fisik |                     |                         |                    |
|-----|------|-------------|--------|------|-------|-----------------|-------------|----|---------|----------|------------------------------|----------------------|----------------------|---------|-----------------------|---------------------|-------------------------|--------------------|
|     |      |             |        | Thn  | Bulan |                 | TB          | BB | I M T   | Kriteria | Metode                       | Waktu / Jarak Tempuh | V O <sub>2</sub> Max | Hasil   | Frekwensi Latihan     | Denyut Nadi Latihan | Lama Inti Latihan Fisik | Tipe Latihan Fisik |
|     |      |             |        | 132  | 0     | 0               | 0           | 0  | 0       | 0        | 0                            | 0                    | #DIV/0!              | #DIV/0! |                       | 0                   | 0                       |                    |
| 133 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 134 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 135 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 136 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 137 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 138 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 139 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 140 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 141 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 142 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 143 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 144 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 145 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 146 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 147 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 148 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 149 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 150 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 151 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 152 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 153 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 154 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 155 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 156 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 157 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 158 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 159 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |

| No  | Nama | Nomor Porsi | Alamat | Umur |       | Jenis Kel (L/P) | Status Gizi |    |         |          | Pengukuran Kebugaran Jasmani |                      |                      |         | Program Latihan Fisik |                     |                         |                    |
|-----|------|-------------|--------|------|-------|-----------------|-------------|----|---------|----------|------------------------------|----------------------|----------------------|---------|-----------------------|---------------------|-------------------------|--------------------|
|     |      |             |        | Thn  | Bulan |                 | TB          | BB | I M T   | Kriteria | Metode                       | Waktu / Jarak Tempuh | V O <sub>2</sub> Max | Hasil   | Frekwensi Latihan     | Denyut Nadi Latihan | Lama Inti Latihan Fisik | Tipe Latihan Fisik |
|     |      |             |        | 160  | 0     | 0               | 0           | 0  | 0       | 0        | 0                            | 0                    | #DIV/0!              | #DIV/0! |                       | 0                   | 0                       |                    |
| 161 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 162 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 163 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 164 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 165 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 166 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 167 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 168 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 169 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 170 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 171 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 172 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 173 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 174 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 175 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 176 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 177 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 178 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 179 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 180 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 181 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 182 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 183 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 184 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 185 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 186 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 187 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |

| No  | Nama | Nomor Porsi | Alamat | Umur |       | Jenis Kel (L/P) | Status Gizi |    |         |          | Pengukuran Kebugaran Jasmani |                      |                      |         | Program Latihan Fisik |                     |                         |                    |
|-----|------|-------------|--------|------|-------|-----------------|-------------|----|---------|----------|------------------------------|----------------------|----------------------|---------|-----------------------|---------------------|-------------------------|--------------------|
|     |      |             |        | Thn  | Bulan |                 | TB          | BB | I M T   | Kriteria | Metode                       | Waktu / Jarak Tempuh | V O <sub>2</sub> Max | Hasil   | Frekwensi Latihan     | Denyut Nadi Latihan | Lama Inti Latihan Fisik | Tipe Latihan Fisik |
|     |      |             |        | 188  | 0     | 0               | 0           | 0  | 0       | 0        | 0                            | 0                    | #DIV/0!              | #DIV/0! |                       | 0                   | 0                       |                    |
| 189 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 190 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 191 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 192 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 193 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 194 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 195 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 196 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 197 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 198 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 199 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 200 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 201 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 202 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 203 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 204 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 205 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 206 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 207 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 208 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 209 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 210 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 211 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 212 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 213 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 214 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 215 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |

| No  | Nama | Nomor Porsi | Alamat | Umur |       | Jenis Kel (L/P) | Status Gizi |    |         |          | Pengukuran Kebugaran Jasmani |                      |                      |         | Program Latihan Fisik |                     |                         |                    |
|-----|------|-------------|--------|------|-------|-----------------|-------------|----|---------|----------|------------------------------|----------------------|----------------------|---------|-----------------------|---------------------|-------------------------|--------------------|
|     |      |             |        | Thn  | Bulan |                 | TB          | BB | I M T   | Kriteria | Metode                       | Waktu / Jarak Tempuh | V O <sub>2</sub> Max | Hasil   | Frekwensi Latihan     | Denyut Nadi Latihan | Lama Inti Latihan Fisik | Tipe Latihan Fisik |
|     |      |             |        | 216  | 0     | 0               | 0           | 0  | 0       | 0        | 0                            | 0                    | #DIV/0!              | #DIV/0! |                       | 0                   | 0                       |                    |
| 217 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 218 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 219 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 220 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 221 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 222 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 223 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 224 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 225 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 226 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 227 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 228 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 229 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 230 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 231 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 232 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 233 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 234 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 235 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 236 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 237 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 238 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 239 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 240 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 241 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 242 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 243 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |

| No  | Nama | Nomor Porsi | Alamat | Umur |       | Jenis Kel (L/P) | Status Gizi |    |         |          | Pengukuran Kebugaran Jasmani |                      |                      |         | Program Latihan Fisik |                     |                         |                    |
|-----|------|-------------|--------|------|-------|-----------------|-------------|----|---------|----------|------------------------------|----------------------|----------------------|---------|-----------------------|---------------------|-------------------------|--------------------|
|     |      |             |        | Thn  | Bulan |                 | TB          | BB | I M T   | Kriteria | Metode                       | Waktu / Jarak Tempuh | V O <sub>2</sub> Max | Hasil   | Frekwensi Latihan     | Denyut Nadi Latihan | Lama Inti Latihan Fisik | Tipe Latihan Fisik |
|     |      |             |        | 244  | 0     | 0               | 0           | 0  | 0       | 0        | 0                            | 0                    | #DIV/0!              | #DIV/0! |                       | 0                   | 0                       |                    |
| 245 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 246 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 247 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 248 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 249 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 250 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 251 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 252 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 253 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 254 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 255 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 256 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 257 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 258 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 259 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 260 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 261 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 262 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 263 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 264 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 265 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 266 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 267 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 268 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 269 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 270 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |
| 271 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |         |                       |                     |                         |                    |

| No  | Nama | Nomor Porsi | Alamat | Umur |       | Jenis Kel (L/P) | Status Gizi |         |         |          | Pengukuran Kebugaran Jasmani |                      |                      |       | Program Latihan Fisik |                     |                         |                    |
|-----|------|-------------|--------|------|-------|-----------------|-------------|---------|---------|----------|------------------------------|----------------------|----------------------|-------|-----------------------|---------------------|-------------------------|--------------------|
|     |      |             |        | Thn  | Bulan |                 | TB          | BB      | I M T   | Kriteria | Metode                       | Waktu / Jarak Tempuh | V O <sub>2</sub> Max | Hasil | Frekwensi Latihan     | Denyut Nadi Latihan | Lama Inti Latihan Fisik | Tipe Latihan Fisik |
|     |      |             |        | 272  | 0     | 0               | 0           | 0       | 0       | 0        | 0                            | #DIV/0!              | #DIV/0!              |       | 0                     | 0                   |                         |                    |
| 273 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 274 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 275 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 276 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 277 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 278 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 279 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 280 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 281 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 282 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 283 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 284 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 285 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 286 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 287 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 288 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 289 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 290 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 291 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 292 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 293 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 294 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 295 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 296 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 297 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 298 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 299 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |

| No  | Nama | Nomor Porsi | Alamat | Umur |       | Jenis Kel (L/P) | Status Gizi |         |         |          | Pengukuran Kebugaran Jasmani |                      |                      |       | Program Latihan Fisik |                     |                         |                    |
|-----|------|-------------|--------|------|-------|-----------------|-------------|---------|---------|----------|------------------------------|----------------------|----------------------|-------|-----------------------|---------------------|-------------------------|--------------------|
|     |      |             |        | Thn  | Bulan |                 | TB          | BB      | I M T   | Kriteria | Metode                       | Waktu / Jarak Tempuh | V O <sub>2</sub> Max | Hasil | Frekwensi Latihan     | Denyut Nadi Latihan | Lama Inti Latihan Fisik | Tipe Latihan Fisik |
|     |      |             |        | 300  | 0     | 0               | 0           | 0       | 0       | 0        | 0                            | #DIV/0!              | #DIV/0!              |       | 0                     | 0                   |                         |                    |
| 301 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 302 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 303 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 304 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 305 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 306 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 307 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 308 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 309 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 310 | 0    | 0           | 0      | 0    | 0     | 0               | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |       |                       |                     |                         |                    |
| 0   | 0    | 0           | 0      | 0    | 0     | 0               | 0           | 0       | 0       | 0        | 0                            | 0                    | 0                    | 0     | 0                     | 0                   | 0                       |                    |



## HASIL PENGUKURAN KEBUGARAN JASMANI

|                      |                   |
|----------------------|-------------------|
| INSTITUSI / KELOMPOK | SDK SANTA MARIA 1 |
| 0                    | #####             |
| Tanggal Pelaksanaan  | 02 September 2023 |

### HASIL PENGUKURAN STATUS GIZI

| KLASIFIKASI  | KODE | L  | P  | JUMLAH | %      |
|--------------|------|----|----|--------|--------|
| SANGAT KURUS | SK   | 0  | 0  | 0      | 0.00   |
| KURUS        | K    | 0  | 0  | 0      | 0.00   |
| NORMAL       | N    | 0  | 0  | 0      | 0.00   |
| GEMUK        | G    | 0  | 0  | 0      | 0.00   |
| OBESITAS     | OB   | 0  | 0  | 0      | 0.00   |
| TIDAK DIUKUR |      | 47 | 23 | 70     | 100.00 |
| JUMLAH       |      | 47 | 23 | 70     |        |

### HASIL PENGUKURAN KEBUGARAN JASMANI

| KLASIFIKASI          | KODE | L  | P  | JUMLAH | %     |
|----------------------|------|----|----|--------|-------|
| KURANG SEKALI        | KS   | 17 | 1  | 18     | 25.71 |
| KURANG               | K    | 16 | 12 | 28     | 40.00 |
| CUKUP                | C    | 12 | 10 | 22     | 31.43 |
| BAIK                 | B    | 2  | 0  | 2      | 2.86  |
| BAIK SEKALI          | BS   | 0  | 0  | 0      | 0.00  |
| GAGAL / TIDAK DIUKUR | GGL  | 0  | 0  | 0      | 0.00  |
| JUMLAH               |      | 47 | 23 | 70     |       |

Pelaksana  
Kepala....

Nama  
NIP.

SDK SANTA MARIA 1

#####

2-Sep-23

by PPKO Kota Malang Email : ppkotamalang@yahoo.co.id

| No | Nama                   | Nomor Porsi | Alamat            | Umur |       | Jenis Kel | Status Gizi |         |         |          | Pengukuran Kebugaran Jasmani |                      |                      |        | Program Latihan Fisik |                     |                         |                            |
|----|------------------------|-------------|-------------------|------|-------|-----------|-------------|---------|---------|----------|------------------------------|----------------------|----------------------|--------|-----------------------|---------------------|-------------------------|----------------------------|
|    |                        |             |                   | Thn  | Bulan |           | TB          | BB      | I M T   | Kriteria | Metode                       | Waktu / Jarak Tempuh | V O <sub>2</sub> Max | Hasil  | Frekwensi Latihan     | Denyut Nadi Latihan | Lama Inti Latihan Fisik | Tipe Latihan Fisik         |
|    |                        |             |                   | 8    | 9     | 10        | 11          | 12      | 13      | 14       | 15                           | 16                   | 17                   | 18     | 19                    | 20                  |                         |                            |
| 1  | 0                      | KELAS 4     | 0                 | 0    | 0     | 0         | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |        |                       |                     |                         |                            |
| 2  | KORNELIUS PRADITYA     | -           | SDK SANTA MARIA 1 | 10   | 0     | L         | 0           | 0       | #DIV/0! | #DIV/0!  | Rockport                     | 6.45                 | 0                    | Cukup  | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |
| 3  | CHRISTIAN SANDY        | -           | SDK SANTA MARIA 1 | 10   | 0     | L         | 0           | 0       | #DIV/0! | #DIV/0!  | Rockport                     | 6.54                 | 0                    | Kurang | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 4  | ANDREAS LEONARDO       | -           | SDK SANTA MARIA 1 | 10   | 0     | L         | 0           | 0       | #DIV/0! | #DIV/0!  | Rockport                     | 6.55                 | 0                    | Kurang | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 5  | ADVENT RIVANNO         | -           | SDK SANTA MARIA 1 | 10   | 0     | L         | 0           | 0       | #DIV/0! | #DIV/0!  | Rockport                     | 6.5                  | 0                    | Cukup  | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |
| 6  | MATTHEW JUSTIN         | -           | SDK SANTA MARIA 1 | 11   | 0     | L         | 0           | 0       | #DIV/0! | #DIV/0!  | Rockport                     | 6.49                 | 0                    | Kurang | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 7  | MAXMILIAN DANTE PUTRA  | -           | SDK SANTA MARIA 1 | 10   | 0     | L         | 0           | 0       | #DIV/0! | #DIV/0!  | Rockport                     | 6.57                 | 0                    | Kurang | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 8  | REMIGIUS TIRTA ABNER   | -           | SDK SANTA MARIA 1 | 10   | 0     | L         | 0           | 0       | #DIV/0! | #DIV/0!  | Rockport                     | 6.49                 | 0                    | Cukup  | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |
| 9  | STANLEY MALACHI Y      | -           | SDK SANTA MARIA 1 | 10   | 0     | L         | 0           | 0       | #DIV/0! | #DIV/0!  | Rockport                     | 6.49                 | 0                    | Cukup  | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |
| 10 | SENANDUNG BAHANA H     | -           | SDK SANTA MARIA 1 | 10   | 0     | P         | 0           | 0       | #DIV/0! | #DIV/0!  | Rockport                     | 6.58                 | 0                    | Cukup  | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |
| 11 | SHAN VALENTINO W       | -           | SDK SANTA MARIA 1 | 10   | 0     | L         | 0           | 0       | #DIV/0! | #DIV/0!  | Rockport                     | 7.18                 | 0                    | Kurang | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 12 | RAUL ZYORDANGIO KING S | -           | SDK SANTA MARIA 1 | 10   | 0     | L         | 0           | 0       | #DIV/0! | #DIV/0!  | Rockport                     | 5.57                 | 0                    | Cukup  | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |
| 13 | VINSENSIUS REYNO P     | -           | SDK SANTA MARIA 1 | 10   | 0     | L         | 0           | 0       | #DIV/0! | #DIV/0!  | Rockport                     | 6.41                 | 0                    | Cukup  | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |
| 14 | LADRINA ELENA PUTRI K  | -           | SDK SANTA MARIA 1 | 10   | 0     | P         | 0           | 0       | #DIV/0! | #DIV/0!  | Rockport                     | 7.04                 | 0                    | Cukup  | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |
| 15 | GRACE BHAGAWANTA S     | -           | SDK SANTA MARIA 1 | 10   | 0     | P         | 0           | 0       | #DIV/0! | #DIV/0!  | Rockport                     | 7.06                 | 0                    | Cukup  | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |
| 16 | TIRZA AYU QUEENETTA H  | -           | SDK SANTA MARIA 1 | 10   | 0     | P         | 0           | 0       | #DIV/0! | #DIV/0!  | Rockport                     | 7.15                 | 0                    | Cukup  | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |
| 17 | AGNES SEKAR AURELIA    | -           | SDK SANTA MARIA 1 | 10   | 0     | P         | 0           | 0       | #DIV/0! | #DIV/0!  | Rockport                     | 7.11                 | 0                    | Cukup  | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |
| 18 | ALEXANDER KELSEN WEA   | -           | SDK SANTA MARIA 1 | 10   | 0     | L         | 0           | 0       | #DIV/0! | #DIV/0!  | Rockport                     | 7.01                 | 0                    | Kurang | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 19 | 0                      | KELAS 5     | 0                 | 0    | 0     | 0         | 0           | #DIV/0! | #DIV/0! |          | 0                            | 0                    |                      |        |                       |                     |                         |                            |

| No | Nama                  | Nomor Porsi | Alamat            | Umur |                        | Jenis Kel (L/P) | Status Gizi       |    |         |          | Pengukuran Kebugaran Jasmani |                      |                      |               | Program Latihan Fisik |                     |                         |                                   |
|----|-----------------------|-------------|-------------------|------|------------------------|-----------------|-------------------|----|---------|----------|------------------------------|----------------------|----------------------|---------------|-----------------------|---------------------|-------------------------|-----------------------------------|
|    |                       |             |                   | Thn  | Bulan                  |                 | TB                | BB | I M T   | Kriteria | Metode                       | Waktu / Jarak Tempuh | V O <sub>2</sub> Max | Hasil         | Frekwensi Latihan     | Denyut Nadi Latihan | Lama Inti Latihan Fisik | Tipe Latihan Fisik                |
|    |                       |             |                   | 20   | MARCELLO MAJESTY TAN D | -               | SDK SANTA MARIA 1 | 11 | 0       | L        | 0                            | 0                    | #DIV/0!              | #DIV/0!       | Rockport              | 6.42                | 0                       | Kurang                            |
| 21 | MICHAEL JULIO CAESAR  | -           | SDK SANTA MARIA 1 | 11   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.35                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 22 | SOFIA DWI ARYANA      | -           | SDK SANTA MARIA 1 | 10   | 0                      | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.54                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 23 | ELCHARIS SHALOM GICA  | -           | SDK SANTA MARIA 1 | 11   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.32                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 24 | PAULUS JUSTIN         | -           | SDK SANTA MARIA 1 | 10   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 8.04                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 25 | ANGELLO ROISE OWEN    | -           | SDK SANTA MARIA 1 | 10   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.27                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 26 | BENNOAH GABELLA       | -           | SDK SANTA MARIA 1 | 10   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.52                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 27 | SAKURA EMMANUELLA     | -           | SDK SANTA MARIA 1 | 11   | 0                      | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 8.01                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 28 | CATHERINE ARIELA      | -           | SDK SANTA MARIA 1 | 11   | 0                      | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.47                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 29 | KHARISMA AMADEO       | -           | SDK SANTA MARIA 1 | 11   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 8.06                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 30 | PETER JATI PURNOMO    | -           | SDK SANTA MARIA 1 | 10   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 5.58                 | 0                    | Cukup         | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2        |
| 31 | GABRIEL IGSANDI PUTRA | -           | SDK SANTA MARIA 1 | 10   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 6.35                 | 0                    | Cukup         | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2        |
| 32 | FILIPUS PUTRA D       | -           | SDK SANTA MARIA 1 | 10   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 5.31                 | 0                    | Baik          | 4 - 5 X / Minggu      | 130 - 150 / Menit   | 40 - 60 Menit           | Latihan aerobik tipe 1 , 2 atau 3 |
| 33 | THEOFANO PUTRA        | -           | SDK SANTA MARIA 1 | 10   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 6.56                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 34 | GERALD ADHYASTHA      | -           | SDK SANTA MARIA 1 | 10   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 8.55                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 35 | YOHANA BENITA PUTRI E | -           | SDK SANTA MARIA 1 | 10   | 0                      | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.34                 | 0                    | Cukup         | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2        |
| 36 | BILLYANO FRANATA      | -           | SDK SANTA MARIA 1 | 10   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 9.02                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 37 | PUTRA ARYA NATHANAEL  | -           | SDK SANTA MARIA 1 | 11   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 9.08                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 38 | KENZIE MORIA          | -           | SDK SANTA MARIA 1 | 10   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 9.57                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 39 | LAURENTIUS ALLENDO W  | -           | SDK SANTA MARIA 1 | 11   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 8.31                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 40 | JEREMY IMMANUEL F     | -           | SDK SANTA MARIA 1 | 10   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 6.26                 | 0                    | Cukup         | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2        |
| 41 | ALOYSIUS MIKE ANGELO  | -           | SDK SANTA MARIA 1 | 10   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.25                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 42 | ALLENA PERMATA R      | -           | SDK SANTA MARIA 1 | 11   | 0                      | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 10.01                | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 43 | RAFFELO BIMA SASONO   | -           | SDK SANTA MARIA 1 | 10   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 8.23                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 44 | STACEY OKLIE PUTRI    | -           | SDK SANTA MARIA 1 | 10   | 0                      | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 8.02                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 45 | AMELLIA JOVITA K      | -           | SDK SANTA MARIA 1 | 10   | 0                      | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 8.19                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1            |
| 46 | 0                     | KELAS 6     | 0                 | 0    | 0                      | 0               | 0                 | 0  | #DIV/0! | #DIV/0!  |                              | 0                    | 0                    |               |                       |                     |                         |                                   |
| 47 | OTNIEL DIO BAGUS      | -           | SDK SANTA MARIA 1 | 11   | 0                      | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 5.57                 | 0                    | Cukup         | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2        |

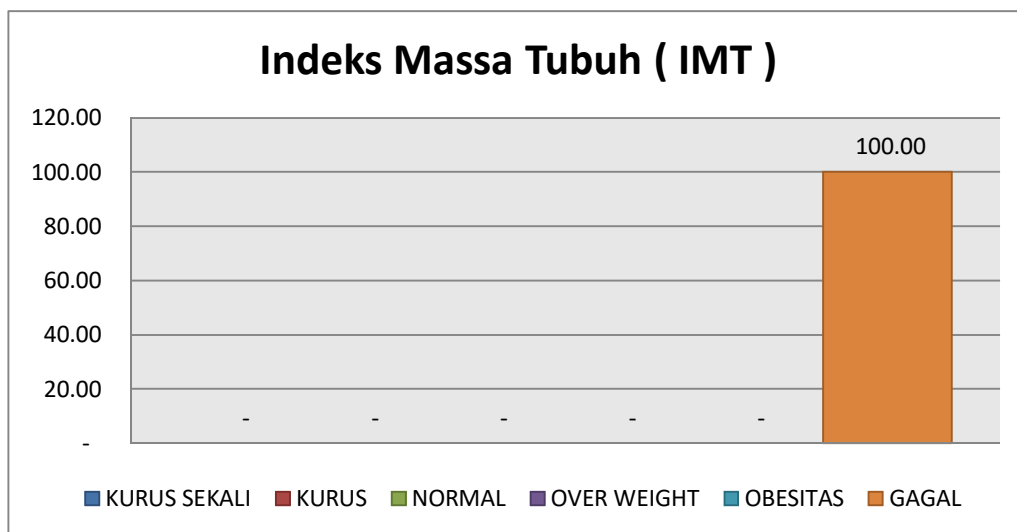
| No | Nama                             | Nomor Porsi | Alamat            | Umur |                | Jenis Kel (L/P) | Status Gizi       |    |         |          | Pengukuran Kebugaran Jasmani |                      |                      |               | Program Latihan Fisik |                     |                         |                            |
|----|----------------------------------|-------------|-------------------|------|----------------|-----------------|-------------------|----|---------|----------|------------------------------|----------------------|----------------------|---------------|-----------------------|---------------------|-------------------------|----------------------------|
|    |                                  |             |                   | Thn  | Bulan          |                 | TB                | BB | I M T   | Kriteria | Metode                       | Waktu / Jarak Tempuh | V O <sub>2</sub> Max | Hasil         | Frekwensi Latihan     | Denyut Nadi Latihan | Lama Inti Latihan Fisik | Tipe Latihan Fisik         |
|    |                                  |             |                   | 48   | ANANTA VINNO L | -               | SDK SANTA MARIA 1 | 11 | 0       | L        | 0                            | 0                    | #DIV/0!              | #DIV/0!       | Rockport              | 5.02                | 0                       | Baik                       |
| 49 | GEOVAN NAZARETA                  | -           | SDK SANTA MARIA 1 | 11   | 0              | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.31                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 50 | HEAVENLY SETYA                   | -           | SDK SANTA MARIA 1 | 11   | 0              | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 5.49                 | 0                    | Cukup         | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |
| 51 | SHALLOM CHRISTABEL W             | -           | SDK SANTA MARIA 1 | 11   | 0              | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.47                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 52 | REINHARDT GRACIO C               | -           | SDK SANTA MARIA 1 | 11   | 0              | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 8.13                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 53 | ANNORA NATHANIA T                | -           | SDK SANTA MARIA 1 | 11   | 0              | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 8.1                  | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 54 | CIELO KIRANA PUTRI               | -           | SDK SANTA MARIA 1 | 11   | 0              | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 8.15                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 55 | FELICIA LEONATA                  | -           | SDK SANTA MARIA 1 | 11   | 0              | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 8.17                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 56 | CHRISTOPER KELVIN A              | -           | SDK SANTA MARIA 1 | 11   | 0              | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.54                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 57 | CAROLINA KURNIA AYU              | -           | SDK SANTA MARIA 1 | 11   | 0              | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.5                  | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 58 | KENZIE IGNATAMA P                | -           | SDK SANTA MARIA 1 | 11   | 0              | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 6.52                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 59 | DEVANO GABRIEL N                 | -           | SDK SANTA MARIA 1 | 11   | 0              | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 6.18                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 60 | ANASTASIA CATALEYA T             | -           | SDK SANTA MARIA 1 | 11   | 0              | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 6.45                 | 0                    | Cukup         | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |
| 61 | MIKHAEL LEON HUTAHURUK           | -           | SDK SANTA MARIA 1 | 12   | 0              | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.28                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 62 | BENEDICTUS NOEL BAGAS            | -           | SDK SANTA MARIA 1 | 11   | 0              | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 6.22                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 63 | ALICE CALISTA CHRISTOVANI        | -           | SDK SANTA MARIA 1 | 11   | 0              | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.05                 | 0                    | Cukup         | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |
| 64 | TYA DEALOVA NAYCHAN              | -           | SDK SANTA MARIA 1 | 11   | 0              | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.3                  | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 65 | LENORA CLOE ORVILEA D            | -           | SDK SANTA MARIA 1 | 11   | 0              | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.11                 | 0                    | Cukup         | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |
| 66 | ALVONSIUS JOSUA BINTANG SETIAWAN | -           | SDK SANTA MARIA 1 | 11   | 0              | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 6.59                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 67 | YONATHAN PUTRA DWI NANDA         | -           | SDK SANTA MARIA 1 | 12   | 0              | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 6.27                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 68 | AGATA CHRISTY PUTRI S            | -           | SDK SANTA MARIA 1 | 11   | 0              | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 6.54                 | 0                    | Cukup         | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |
| 69 | GAVYN ARKHAREGA C                | -           | SDK SANTA MARIA 1 | 12   | 0              | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.27                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 70 | RAKA HIZKIA ADHIE P              | -           | SDK SANTA MARIA 1 | 12   | 0              | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 5.49                 | 0                    | Cukup         | 3 X Seminggu          | 120 - 130 / Menit   | 30 - 40 Menit           | Latihan aerobik tipe 1 & 2 |
| 71 | CATHARINE EKKLESIA B             | -           | SDK SANTA MARIA 1 | 12   | 0              | P               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.02                 | 0                    | Kurang        | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 72 | VALENTINO JOSHUA M               | -           | SDK SANTA MARIA 1 | 12   | 0              | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.09                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |
| 73 | STEFANUS IMANUEL NOVAN           | -           | SDK SANTA MARIA 1 | 11   | 0              | L               | 0                 | 0  | #DIV/0! | #DIV/0!  | Rockport                     | 7.31                 | 0                    | Kurang Sekali | 2 X Seminggu          | 100 - 120 / Menit   | 20 - 30 Menit           | Latihan aerobik tipe 1     |

# HASIL PENGUKURAN KEBUGARAN JASMANI

|                      |                   |   |
|----------------------|-------------------|---|
| INSTITUSI / KELOMPOK | SDK SANTA MARIA 1 |   |
|                      | 0                 | 0 |
| TANGGAL              | 02 September 2023 |   |

## A. STATUS GIZI

| STATUS GIZI / IMT | JUMLAH    | %      |
|-------------------|-----------|--------|
| KURUS SEKALI      | 0.00      | -      |
| KURUS             | 0.00      | -      |
| NORMAL            | 0.00      | -      |
| OVER WEIGHT       | 0.00      | -      |
| OBESITAS          | 0.00      | -      |
| GAGAL             | 70.00     | 100.00 |
| <b>JUMLAH</b>     | <b>70</b> |        |



## B. TINGKAT KEBUGARAN JASMANI

| Tingkat Kebugaran Jasmani | JUMLAH    | %     | KEBUGARAN CUKUP ATAU LEBIH |              |
|---------------------------|-----------|-------|----------------------------|--------------|
| KURANG SEKALI             | 18.00     | 25.71 | <b>JUMLAH</b>              | <b>%</b>     |
| KURANG                    | 28.00     | 40.00 |                            |              |
| CUKUP                     | 22.00     | 31.43 | <b>24</b>                  | <b>34.29</b> |
| BAIK                      | 2.00      | 2.86  |                            |              |
| BAIK SEKALI               | 0.00      | -     |                            |              |
| GAGAL                     | 0.00      | -     |                            |              |
| <b>JUMLAH</b>             | <b>70</b> |       |                            |              |

