I DO test form

SPORT KOMPAS

Child data

First Name	Last Name	Birth date	Gender

Antropometrics						
Body Length	Value between 50 and 250					cm
Body Weight	Value between 10 and 200					kg
Coordination						
Balance Beam			#	#	#	
	Value between 0 and 8		#	#	#	
			#	#	#	
Eye-hand Coordination	Value between 0 and 40	#		#		
Jumping Sideways	Value between 5 and 70	#		#		
Moving Sideways	Value between 5 and 60	#		#		
Shuttle Throw Distance	Value between 0 and 9000		cm	cm	cm	
			cm	cm		
Flexibility						
Shoulder Flexibility	Value between 0 and 150					cm
Sit and Reach	Value between 0 and 50					cm
Strength						
Curl-ups	Value between 0 and 75					#
Knee Push-Ups	Value between 0 and 65					#
Standing Broad Jump	Value between 0 and 350			cm		cm
Speed						
Shuttle Run 10x5m	Value between 0 and 50					s
Endurance						
Endurance Shuttle Run	Value between 0 and 20					min