

**No.15017/3/2020-MDSD**  
Govt. of India  
Ministry of Youth Affairs & Sports  
(Department of Sports)  
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Shastri Bhawan, New Delhi

Dated the 1<sup>st</sup> October, 2020

OFFICE MEMORANDUM

**Sub:- Age Appropriate Fitness Protocols - regarding**

Ministry of Youth Affairs and Sports under the aegis of the Fit India Movement has developed Age Appropriate Fitness Protocols named as G.O.A.L.S. (Goals for Active Life Style) for different age groups categorized as 05-18 years, 18-65 years and 65+ years.

2. These protocols have been launched by Hon'ble Prime Minister in the 'Fit India Dialogue' programme held on 24<sup>th</sup> September 2020 while celebrating the 1<sup>st</sup> Anniversary of Fit India Movement. These protocols consist of fitness tests based on various fitness components and suggested activities to improve the same.

3. In this regard, it is kindly requested to extend your support in disseminating these Fitness Protocols among the general public by making it available on your website/other platforms of Department where it can be easily accessible to people. These protocols are available to download on the following link:

<https://sites.google.com/view/fitindiaoff/home>

  
( Ravi Mital )  
Secretary (Sports)

To

Secretaries to the Govt.of India  
(As per list attached)