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Government of India
Ministry of Jal Shakti
Department of WR, RD & GR

Shram Shakti Bhawan,
Rafi Marg, New Delhi-01
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CIRCULAR

'**Fit India Mobile App**' has been launched by Ministry of Youth Affairs & Sports. The core feature of this app is the fitness assessment based on the 'Age-Appropriate Fitness Protocol-GOALS'. This app is attractive as it indicates the fitness level and provides ways to improve it with other features like customized diet plans, step counter, calorie monitor, sleep tracker etc.

2. To endeavor to make fitness tool accessible to all, all features are free for the users as well as a Guide on how to perform the fitness tests is available on the App. The link for download of this App in both Android and iOS platforms are as follows:

i. Android –

<https://play.google.com/store/apps/details?id=com.sai.fitindia>

ii. iOS-

<https://apps.apple.com/us/app/fit-india-mobile-app/id1581063890>

3. Kindly download the app from the above link and get benefited from '**Fit India Mobile App**' as it indicates the fitness level and provide ways to improve the same.



(BHT Vaiphei)

Under Secretary (e-Gov)

Copy to –

1. All Wings/Divisions/Branches/Sections heads, DoWR, RD & GR through e-mail.
2. NIC, DoWR with a request for uploading on intra-mowr.