**Week 1 Report**

* **Onboarding & Structure**
  + Ruby introduced Aarav to the Elyx program, explained the overall process, and set up daily check-ins for support and accountability.
  + Aarav showed excitement mixed with a bit of nervousness as he began this journey, reflecting eagerness along with natural apprehension.
* **Nutrition**
  + Rachel guided Aarav on aligning meals with his training schedule.
  + Focus was placed on hydration throughout the day and adjusting meal timing for better energy.
  + Recommended lighter pre-game meals to avoid sluggishness and maintain agility.
* **Fitness & Recovery**
  + Carla emphasized the importance of dynamic warm-ups before sessions and consistent cooldown routines afterward.
  + Aarav was encouraged to adopt proper sleep hygiene practices to improve recovery and overall performance.
  + These steps aimed to enhance both energy levels and resilience across training sessions.
* **Mindset & Motivation**
  + Ruby tracked Aarav’s mindset closely and noted his early enthusiasm.
  + Aarav expressed determination to “get this right,” highlighting his strong commitment and focus.
  + Motivation levels remained high, setting a solid foundation for the coming weeks.

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| **Week 1 Key Tests** | **Value** | **Normal Range** | **Comments** |
| Ferritin | 15 ng/mL | 30–400 ng/mL | Low |
| Vitamin D (25-OH) | 12 ng/mL | >30 ng/mL | Low |
| Fasting Glucose | 112 mg/dL | 70–99 mg/dL | Mildly high |
| Pulse Rate | 85 bpm | 50–70 bpm (resting athlete) | Slightly elevated |
| Sleep Efficiency | 65% | >85% | Poor |