**Week 11 – Malaysia Travel, Routine Disruptions, and Emotional Support**

* **Medical:**  
  Dr. Patel advised Aarav to carefully monitor swelling and ankle pain during travel. He emphasized the importance of avoiding overexertion, using rest and elevation when needed, and scheduled a detailed post-travel review. This guidance provided Aarav with confidence and structure to handle uncertainties abroad.
* **Nutrition:**  
  Carla shared practical strategies for hotel stays, including simple meal combinations, portable snack ideas, and hydration reminders tailored to the humid Malaysian climate. Aarav actively tried her suggestions, updated her with feedback, and expressed that the flexible, easy recipes reduced his stress about food choices.
* **Physiotherapy:**  
  Rachel designed hotel-friendly routines, recording short videos of stretching, mobility, and light strengthening exercises that required minimal space or equipment. Aarav completed these sessions despite shorter durations and reported that the guidance helped him maintain consistency.
* **Mental Health:**  
  Travel fatigue and disruptions triggered moments of isolation and anxiety. Dr. Isha encouraged mindfulness practices like deep breathing and journaling, while Rohan and Neel reassured Aarav by sharing experiences of athletes facing similar challenges.
* **Engagement:**  
  Although less energetic, Aarav remained communicative, sharing updates and photos from his journey. He expressed gratitude for team support, showing resilience under pressure.
* **Overall:**  
  Week 11 highlighted Aarav’s adaptability and determination. Despite routine disruptions, he preserved his core habits, demonstrating resilience and the value of team guidance in sustaining wellness during transitions.

**Week 11 Key Tests**

| **Test / Measure** | **Value** | **Normal Range** | **Comments** |
| --- | --- | --- | --- |
| Ferritin | 51 ng/mL | 30–400 ng/mL | Stable; no decline despite reduced training load. |
| Vitamin D (25-OH) | 32 ng/mL | >30 ng/mL | Maintained with supplements, no drop during travel. |
| Fasting Glucose | 98 mg/dL | 70–99 mg/dL | Slightly elevated from travel stress/meal shifts, still normal. |
| HbA1c (Quarterly check) | — | <5.7% | Not due this week. |
| Ankle Mobility Score\* | 6/10 | 8–10 (optimal) | Plateau continued; stiffness persisted during hotel stay. |
| Resting Pulse Rate | 70 bpm | 50–70 bpm | Mild increase from fatigue and travel-related stress. |
| PHQ-9 (Depression) | 4 | 0–4 minimal | Borderline minimal–mild; linked to isolation and anxiety in travel week. |
| Sleep Efficiency | 82% | >85% | Slightly reduced due to hotel environment and travel disruptions. |
| Medicine Compliance | Excellent | — | Maintained despite routine changes. |