**Week 12 – Post-Travel Recovery, Blood Tests, and Rebuilding Motivation**

**Medical:**  
Blood tests confirmed stability in iron levels, a slight dip in vitamin D, and controlled glucose within safe limits. Dr. Patel adjusted supplements accordingly and set a structured follow-up plan to prevent any nutritional lag.

**Nutrition:**  
Carla emphasized recovery-focused nutrition, with high-protein meals, hydration strategies, and micronutrient-rich foods. Aarav implemented small but meaningful tweaks, helping him feel more energized after the travel week.

**Physio:**  
Rachel reintroduced balance and stability exercises alongside progressive mobility drills. Goal-tracking worksheets were added to improve accountability and help Aarav measure weekly progress.

**Mental Health:**  
Awaiting test results initially caused Aarav anxiety, but mindfulness coaching from Dr. Isha and encouragement from Neel helped him stay grounded. The support system reduced his stress, enabling him to focus on positive changes.

**Engagement:**  
Aarav participated in a virtual Q&A session, sharing lessons from his travel experience. His reflections demonstrated growing leadership qualities and a stronger sense of responsibility for his recovery.

**Overall:**  
This week marked a confident return to structure. Aarav embraced new tweaks, reflected on his resilience, and reestablished momentum—laying a stronger foundation for long-term progress.

**Week 12 Key Tests**

| **Test / Measure** | **Value** | **Normal Range** | **Comments** |
| --- | --- | --- | --- |
| Ferritin | 53 ng/mL | 30–400 ng/mL | Stable, no significant change. |
| Vitamin D (25-OH) | 29 ng/mL | >30 ng/mL | Slight dip; supplements adjusted by Dr. Patel. |
| Fasting Glucose | 92 mg/dL | 70–99 mg/dL | Well-controlled after travel disruptions. |
| HbA1c (Quarterly check) | 5.4% | <5.7% | Stable, reassuring result. |
| Ankle Mobility Score\* | 7/10 | 8–10 (optimal) | Improved slightly with reintroduced physio. |
| Resting Pulse Rate | 67 bpm | 50–70 bpm | Returned to baseline after travel fatigue. |
| PHQ-9 (Depression) | 3 | 0–4 minimal | Anxiety reduced with mindfulness support. |
| Sleep Efficiency | 86% | >85% | Improved with home environment and routine reset. |
| Medicine Compliance | Excellent | — | Maintained fully. |