**Week 13 – Intensified Physio, Blood Sugar Discipline, and Growing Confidence**

**Medical:**  
Dr. Patel confirmed that Aarav’s HbA1c remained stable, indicating strong blood sugar control. He emphasized the importance of routine monitoring and adherence to supplements, keeping regular check-ins to ensure no hidden setbacks.

**Nutrition:**  
Carla refined Aarav’s diet with low-glycemic snacks to stabilize energy throughout the day. Iron-rich meals supported stamina, while hydration reminders ensured smooth recovery and reduced fatigue during training.

**Physio:**  
Rachel advanced the ankle rehab program by introducing resistance bands and light balance drills. Aarav showed improved consistency, logging his progress daily. This structured tracking built discipline and gave him a clear sense of advancement.

**Mental Health:**  
While occasional frustration surfaced, Dr. Isha introduced CBT journaling to help Aarav recognize thought patterns and improve emotional regulation. Sleep hygiene strategies were reinforced, and Neel’s motivational support boosted Aarav’s confidence during low-energy moments.

**Engagement:**  
Aarav became more proactive, asking practical questions about diet tweaks and exercise routines. He shared small wins in the group chat, contributing positively to the community and inspiring others.

**Overall:**  
This week marked a new level of discipline. Aarav blended medical stability, nutrition focus, and structured physio with growing confidence, laying the groundwork for sustainable long-term recovery.

**Week 13 Key Tests**

| **Test / Measure** | **Value** | **Normal Range** | **Comments** |
| --- | --- | --- | --- |
| HbA1c | 5.3% | <5.7% | Stable, confirming blood sugar discipline. |
| Fasting Glucose | 90 mg/dL | 70–99 mg/dL | Well-controlled with dietary focus. |
| Vitamin D (25-OH) | 30 ng/mL | >30 ng/mL | Returned to normal after adjustments. |
| Ferritin | 55 ng/mL | 30–400 ng/mL | Stable, iron-rich meals supporting levels. |
| Ankle Mobility Score\* | 8/10 | 8–10 (optimal) | Noticeable progress with resistance band work. |
| Balance Test (seconds) | 32s | 30–45s | Improvement with stability drills. |
| Resting Pulse Rate | 65 bpm | 50–70 bpm | Improved cardiovascular recovery. |
| PHQ-9 (Depression) | 2 | 0–4 minimal | Continued reduction in anxiety/frustration. |
| Sleep Efficiency | 87% | >85% | Positive response to sleep hygiene focus. |
| Medicine Compliance | Excellent | — | Maintained without lapses. |