**Week 15 – Lifestyle Experimentation and Energy Rebound**

**Medical:**  
Dr. Patel reviewed Aarav’s adherence to supplements and was pleased with his consistency. Improved ferritin levels reflected better iron stores, while vitals such as blood pressure and heart rate remained steady. Based on updated bloodwork, vitamin D dosage was slightly adjusted to optimize absorption without excess.

**Nutrition:**  
Carla introduced “travel-style” food swaps, helping Aarav identify healthier alternatives for meals outside his routine. Structured meal timings were emphasized to regulate blood sugar more effectively. Aarav experimented with these adjustments and actively shared his observations, showing a sense of ownership in his nutritional journey.

**Physio:**  
Rachel expanded Aarav’s exercises to include dynamic mobility drills aimed at enhancing flexibility and joint resilience. She also guided him toward short outdoor walks, which reconnected Aarav with daily movement beyond the clinical setting.

**Mental Health:**  
Dr. Isha encouraged mindfulness techniques during meals to cultivate calmness. Aarav reported fewer mood swings and felt emotionally lighter when engaging in these practices, which contributed to more consistent energy levels throughout the day.

**Engagement:**  
Aarav shared travel experiences and asked for exercise hacks adaptable to different environments, reflecting greater curiosity and independence.

**Overall:**  
Week 15 marked a rebound in energy. Aarav confidently experimented with lifestyle changes, successfully blending medical advice into daily living.

**Week 15 Key Tests**

| **Test / Measure** | **Value** | **Normal Range** | **Comments** |
| --- | --- | --- | --- |
| Ferritin | 65 ng/mL | 30–400 ng/mL | Improved from earlier low values, showing iron replenishment. |
| Vitamin D (25-OH) | 34 ng/mL | 30–50 ng/mL | Within range; dosage slightly adjusted. |
| Blood Pressure | 118/76 mmHg | 110–120/70–80 | Stable and healthy. |
| Resting Heart Rate | 66 bpm | 50–70 bpm | Consistent, reflecting improved stamina. |
| Fasting Glucose | 90 mg/dL | 70–99 mg/dL | Stable with structured meal timing. |
| CRP (Inflammation) | 0.9 mg/L | <3 mg/L | Low, swelling continues to be controlled. |
| Ankle Mobility Score\* | 9/10 | 8–10 optimal | Dynamic drills showing strong results. |
| Outdoor Walk Tolerance | 12 mins | 10–15 mins | New milestone in stamina. |
| Mood Stability Index | 7/10 | 7–9 balanced | Fewer mood swings with mindful eating practice. |
| Medicine Compliance | Excellent | — | Adherence remained strong. |