**Week 16 – Social Reconnection, Long-Term Planning, and Optimism**

**Medical:**  
Dr. Patel scheduled mid-term reviews for Aarav’s glucose levels and ankle scans. These were framed as progress checkpoints rather than setbacks, helping Aarav see monitoring as a sign of growth. Vitals remained steady, reinforcing clinical stability.

**Nutrition:**  
Carla guided Aarav on balanced dining while socializing with peers. Aarav experimented with healthier menu choices during outings and shared that he felt more in control of his habits without missing out on enjoyment.

**Physio:**  
Rachel advanced Aarav’s mobility work by introducing light jogging-in-place and agility steps. Aarav was able to complete these without pain, marking a tangible improvement in functional endurance.

**Mental Health:**  
Dr. Isha focused on building long-term resilience through emotional regulation techniques. Neel encouraged Aarav to set personal goals that extended beyond recovery, supporting his sense of future planning and purpose.

**Engagement:**  
Aarav expressed gratitude for the team’s efforts, shared positive social updates from his weekend, and actively asked how to sustain his progress once recovery is complete.

**Overall:**  
Week 16 was a milestone in blending structured care with social re-entry. Aarav looked forward with optimism, balancing medical goals with renewed social confidence.

**Week 16 Key Tests**

| **Test / Measure** | **Value** | **Normal Range** | **Comments** |
| --- | --- | --- | --- |
| Glucose (Fasting) | 92 mg/dL | 70–99 mg/dL | Stable; mid-term review planned for detailed tracking. |
| Ankle Mobility Scan | 9/10 | 8–10 optimal | Strong improvement; light jogging tolerated without pain. |
| Blood Pressure | 116/74 mmHg | 110–120/70–80 | Stable and within target range. |
| Resting Heart Rate | 64 bpm | 50–70 bpm | Slight improvement with new mobility drills. |
| CRP (Inflammation) | 0.8 mg/L | <3 mg/L | Low, inflammation remains well controlled. |
| Weight | 69.2 kg | — | Stable with mindful nutrition while socializing. |
| Jog-in-Place Tolerance | 2 mins | 2–3 mins | Successfully achieved, no discomfort reported. |
| Agility Step Score\* | 8/10 | 7–9 balanced | Good coordination and stability noted. |
| Mood Stability Index | 8/10 | 7–9 balanced | Stronger resilience and social optimism evident. |
| Medicine Compliance | Excellent | — | Continued high adherence. |