**Week 17 – Post-Travel Assessment, Physical Conditioning, and Confidence Surge**

**Medical:**  
Aarav’s blood markers showed further improvement, confirming that the supplement plan introduced earlier was effective. Dr. Patel emphasized that these gains should be reinforced with consistent monitoring, scheduling future reviews to ensure progress remains steady.

**Nutrition:**  
Carla guided Aarav through recovery-oriented meals, focusing on protein-rich additions for muscle repair after resuming higher-intensity training. Hydration was emphasized as a critical factor for performance and stamina, especially with the uptick in training load.

**Physio:**  
Rachel expanded Aarav’s program with sport-specific drills and more advanced balance and agility routines. Aarav reported improved stamina, quicker recovery times, and minimal soreness — a clear sign that conditioning had moved to a higher level.

**Mental Health:**  
Dr. Isha encouraged Aarav to set new personal goals aligned with his growing physical confidence. Journaling exercises reflected optimism and accountability, while Neel and Rohan reinforced persistence and celebrated his steady discipline.

**Engagement:**  
Aarav requested practical diet modifications, kept a detailed log of his consistent workouts, and expressed pride in his progress. His confidence in balancing training, nutrition, and self-reflection strengthened his overall outlook.

**Overall:**  
Week 17 was a strong rebound week. Aarav’s energy, confidence, and workload capacity increased significantly, with the entire care team affirming his growth trajectory.

**Week 17 Key Tests**

| **Test / Measure** | **Value** | **Normal Range** | **Comments** |
| --- | --- | --- | --- |
| Hemoglobin | 14.6 g/dL | 13.5–17.5 g/dL | Improved; supplements showing sustained effectiveness. |
| Glucose (Fasting) | 90 mg/dL | 70–99 mg/dL | Stable; reflects strong energy balance. |
| Blood Pressure | 118/76 mmHg | 110–120/70–80 | Within normal range. |
| Resting Heart Rate | 62 bpm | 50–70 bpm | Better conditioning and stamina. |
| VO₂ Endurance Drill | 85% score | 80–90 optimal | Clear stamina gains; tolerated training load well. |
| Agility/Balance Test | 9/10 | 8–10 optimal | Progressed successfully with sport-specific drills. |
| CRP (Inflammation) | 0.7 mg/L | <3 mg/L | Low; no training-related flare-ups. |
| Weight | 69.0 kg | — | Stable; slight lean muscle increase noted. |
| Mood Stability Index | 9/10 | 7–9 balanced | Elevated confidence and optimism. |
| Training Compliance | Excellent | — | Logged workouts consistently, high adherence. |