**Week 2 Report**

* **Nutrition**
  + Aarav reported occasional cravings, particularly in the evenings, which risked leading to late-night snacking.
  + Rachel introduced **high-protein evening snacks** (such as Greek yogurt, nuts, and boiled eggs) to help stabilize blood sugar and reduce late-night sugar dips.
  + Focus remained on maintaining hydration and balancing meals with training needs.
* **Fitness & Recovery**
  + Carla observed **tightness in Aarav’s quadriceps**, likely due to the increase in training load.
  + Recommended the use of **foam rolling and targeted stretches** to reduce stiffness and improve muscle recovery.
  + Training intensity was gradually scaled up to build endurance without overwhelming his system.
* **Sleep**
  + Despite following the earlier sleep hygiene advice, Aarav continued to experience **inconsistent sleep quality**.
  + Rachel suggested trialing **magnesium citrate supplementation** in the evenings to support deeper rest.
  + Ruby emphasized consistency in bedtime routines to improve long-term recovery.
* **Mindset & Motivation**
  + Aarav showed early signs of **impatience**, expressing a desire for “faster progress.”
  + Ruby reassured him, emphasizing that growth is a **step-by-step process** rather than immediate results.
  + Focus was placed on helping Aarav stay patient and trust the journey.

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| **Week 2 Key Tests** | **Value** | **Normal Range** | Comments |
| Ferritin | 15 ng/mL | 30–400 ng/mL | Low |
| Vitamin D (25-OH) | 12 ng/mL | >30 ng/mL | Low |
| Fasting Glucose | 112 mg/dL | 70–99 mg/dL | Mildly high |
| Pulse Rate | 85 bpm | 50–70 bpm (resting athlete) | Slightly elevated |
| PHQ-9 (Depression) | 8 | 0-4 minimal | Mild depression |
| Sleep Efficiency | 68% | >85% | Poor |