**Week 20 – Malaysia Business Trip, Routine Persistence, and Health Monitoring**

**Medical:**  
During Aarav’s business trip to Malaysia, Dr. Patel closely monitored his nutrition and symptom logs remotely. Midweek, he noted a slight dip in Aarav’s vitamin D intake due to reduced sun exposure, but no urgent intervention was required. A post-travel blood test was scheduled to confirm stability and prevent any deficiency risks.

**Nutrition:**  
Carla guided Aarav on managing meals while traveling, ensuring he chose nutrient-dense options in restaurants and balanced supplements appropriately. She encouraged him to try local foods in moderation while maintaining adherence to his structured diet plan. Aarav logged his intake diligently, which helped the team track consistency despite the challenges of being away from home.

**Physio:**  
Rachel designed hotel-friendly exercise routines, incorporating resistance bands and body-weight drills. Aarav shared short video clips of his form for feedback, ensuring technique quality. Rachel also emphasized daily swelling checks after long travel days, which Aarav followed reliably.

**Mental Health:**  
Neel and Rohan supported Aarav virtually, motivating him to adapt routines flexibly instead of stressing about perfection. They encouraged him to join alumni calls for a sense of connection and accountability while abroad.

**Engagement:**  
Aarav remained proactive, sharing travel hacks with peers, uploading his food and physio logs, and keeping the team updated on progress. His active involvement reinforced mutual accountability.

**Overall:**  
This week reflected Aarav’s ability to persist through travel challenges. His discipline, adaptability, and strong engagement ensured sustained recovery momentum.

**Week 20 Key Tests**

| **Test / Measure** | **Value** | **Normal Range** | **Comments** |
| --- | --- | --- | --- |
| Hemoglobin | 14.6 g/dL | 13.5–17.5 g/dL | Stable; unaffected by travel. |
| Iron (Serum Ferritin) | 92 ng/mL | 30–300 ng/mL | Slight dip but still well within healthy range. |
| Vitamin D (25-OH) | 32 ng/mL | 30–100 ng/mL | Mild decrease noted; post-travel bloodwork scheduled. |
| Blood Pressure | 120/78 mmHg | 110–120/70–80 | Slightly elevated from travel fatigue but acceptable. |
| Resting Heart Rate | 65 bpm | 50–70 bpm | Consistent with baseline. |
| Agility/Balance Score | 7.4/10 | 7–9 balanced | Maintained with hotel routines. |
| Recovery Index (Sleep/HRV) | Balanced | — | Sleep slightly fragmented; HRV stable overall. |
| CRP (Inflammation) | 1.2 mg/L | <3 mg/L | Low; no signs of inflammation. |
| Weight | 69.0 kg | — | Stable; minor fluctuation post-travel. |
| Mood Stability Index | 7.8/10 | 7–9 balanced | Positive; maintained through alumni interactions. |
| Training Compliance | Good | — | Adapted well to hotel-friendly physio and logging routines. |