**Week 22 – Monitoring, Addressing Setbacks, and Emotional Balance**

**Medical:**  
Routine bloodwork this week revealed a slight dip in Aarav’s vitamin D levels. Dr. Patel reassured him that this was minor but recommended close monitoring over the next month to prevent deficiencies from recurring. Aarav was advised to maintain exposure to natural sunlight and continue his supplements.

**Physio:**  
Rachel adapted outdoor physiotherapy sessions to serve dual purposes—exercise and vitamin D exposure. Low-impact training with balance drills and controlled strengthening exercises ensured Aarav remained on track without aggravating soreness. This also created a refreshing change of environment for Aarav, improving motivation.

**Nutrition:**  
Carla highlighted foods naturally rich in vitamin D, such as fortified cereals, dairy, and fish. She also reminded Aarav to maintain supplement adherence. To support absorption, meals were paired with healthy fats, helping optimize nutrient utilization.

**Mental Health:**  
Dr. Isha emphasized resilience-building practices to prevent discouragement from small setbacks. Aarav engaged in mindfulness journaling, reflecting on self-awareness and his ability to bounce back. This gave him perspective and helped him focus on consistency rather than perfection.

**Engagement:**  
Neel and Rohan encouraged Aarav to stay honest about his lapses and share his recovery strategies with support groups. This openness built accountability and reminded Aarav that progress includes overcoming minor dips.

**Overall:**  
Aarav successfully reframed a minor medical setback into a growth moment. By combining consistency, emotional balance, and external support, he strengthened both his physical and mental resilience.

**Week 22 Key Tests**

| **Test / Measure** | **Value** | **Normal Range** | **Comments** |
| --- | --- | --- | --- |
| Hemoglobin | 14.6 g/dL | 13.5–17.5 g/dL | Stable and healthy. |
| Iron (Serum Ferritin) | 92 ng/mL | 30–300 ng/mL | Normal; holding steady. |
| Vitamin D (25-OH) | 28 ng/mL | 30–100 ng/mL | Slight dip; monitored with supplements and sun exposure. |
| Blood Pressure | 116/74 mmHg | 110–120/70–80 | Normal; stable. |
| Resting Heart Rate | 66 bpm | 50–70 bpm | Slightly elevated but within healthy range. |
| Agility/Balance Score | 7.5/10 | 7–9 balanced | Maintained with outdoor sessions. |
| Recovery Index (Sleep/HRV) | Balanced | — | Sleep quality remained steady. |
| CRP (Inflammation) | 1.2 mg/L | <3 mg/L | Low inflammation, no concern. |
| Weight | 69.1 kg | — | Stable; no significant changes. |
| Mood Stability Index | 7.8/10 | 7–9 balanced | Slight dip, but resilience practices improved recovery. |
| Training Compliance | Moderate | — | Slightly reduced due to adaptation, but overall consistent. |