**Week 23 – Renewed Consistency, Building Confidence, and Peer Mentoring**

**Medical:**  
This week’s review with Dr. Patel confirmed that Aarav’s vitals were stable, and no medication or treatment changes were required. His recovery trajectory remained positive, reinforcing the progress achieved over the past months.

**Physio:**  
Rachel progressively advanced Aarav’s agility drills, integrating quicker directional changes and controlled balance challenges. Aarav reported minimal soreness, a clear indicator of improved muscular endurance and adaptability. These drills enhanced his coordination and prepared him for more sport-specific movements.

**Nutrition:**  
Carla encouraged variety by introducing new high-protein recipes, snack options, and smoothie blends to keep Aarav’s meals engaging. Aarav’s commitment to maintaining detailed nutrition logs demonstrated accountability and helped track intake quality and consistency.

**Mental Health:**  
Dr. Isha guided Aarav to reflect on his journey by mentoring younger peers in the support community. This not only reinforced his own growth but also fostered a sense of purpose, which boosted his confidence and resilience.

**Engagement:**  
Aarav actively took the lead in peer group calls, sharing practical strategies on managing travel, recovery routines, and nutrition balance. His openness inspired newer members, positioning him as both a role model and a mentor.

**Overall:**  
This was a leadership-driven week. Aarav embraced consistency, reinforced his confidence through mentoring, and inspired peers by transforming his recovery journey into a guiding example for others.

**Week 23 Key Tests**

| **Test / Measure** | **Value** | **Normal Range** | **Comments** |
| --- | --- | --- | --- |
| Hemoglobin | 14.7 g/dL | 13.5–17.5 g/dL | Stable, reflecting good overall health. |
| Iron (Serum Ferritin) | 95 ng/mL | 30–300 ng/mL | Within normal range, slight improvement. |
| Vitamin D (25-OH) | 31 ng/mL | 30–100 ng/mL | Back within healthy range after sun and diet adjustments. |
| Blood Pressure | 118/76 mmHg | 110–120/70–80 | Optimal and stable. |
| Resting Heart Rate | 65 bpm | 50–70 bpm | Healthy, showing good recovery response. |
| Agility/Balance Score | 7.9/10 | 7–9 balanced | Improvement from prior week’s drills. |
| Recovery Index (Sleep/HRV) | Balanced | — | Steady, reflecting consistent rest patterns. |
| CRP (Inflammation) | 1.0 mg/L | <3 mg/L | Low, no inflammation concerns. |
| Weight | 69.3 kg | — | Stable with balanced nutrition. |
| Mood Stability Index | 8.2/10 | 7–9 balanced | Boosted by confidence and peer mentoring. |
| Training Compliance | High | — | Strong adherence to both training and logging routines. |