**Week 24 – Post-Travel Recovery, Rest, Mental Reset, and Maintaining Progress**

**Medical:**  
Following Aarav’s travel, Dr. Patel emphasized the importance of recovery and recommended a gradual reintegration into regular training routines. The focus was on restoring baseline stability without overexertion. No concerning issues were observed during checkups.

**Physio:**  
Rachel shifted sessions to gentle stretching, mobility drills, and light balance exercises. Aarav was encouraged to listen to his body, logging days of rest honestly and prioritizing quality recovery over intensity. This prevented potential fatigue or injury post-travel.

**Nutrition:**  
Carla recommended simple, anti-inflammatory meals to reduce travel-related stress on the body. Recovery smoothies rich in antioxidants and hydration-focused meal plans helped Aarav maintain his nutritional balance while supporting muscle repair.

**Mental Health:**  
Dr. Isha introduced gratitude journaling and visualization exercises to strengthen Aarav’s mindset during the lighter week. Peer mentor Neel normalized rest as an essential component of growth, helping Aarav frame recovery positively rather than as a setback.

**Engagement:**  
Aarav remained connected by joining group discussions, where he openly shared his rest-focused experience and outlined his preparation for the upcoming week. This openness reinforced accountability and peer trust.

**Overall:**  
This was a rest-centered week that restored Aarav’s energy, refreshed his mindset, and maintained consistency. By balancing recovery with preparation, Aarav positioned himself for renewed progress ahead.

**Week 24 Key Tests**

| **Test / Measure** | **Value** | **Normal Range** | **Comments** |
| --- | --- | --- | --- |
| Hemoglobin | 14.6 g/dL | 13.5–17.5 g/dL | Stable; no drop post-travel. |
| Iron (Serum Ferritin) | 94 ng/mL | 30–300 ng/mL | Within range; consistent with nutritional care. |
| Vitamin D (25-OH) | 30 ng/mL | 30–100 ng/mL | At lower threshold but adequate, supported with diet. |
| Blood Pressure | 116/75 mmHg | 110–120/70–80 | Normal and steady. |
| Resting Heart Rate | 66 bpm | 50–70 bpm | Slightly higher post-travel, acceptable. |
| Agility/Balance Score | 7.6/10 | 7–9 balanced | Light activity week reflected in mild dip. |
| Recovery Index (Sleep/HRV) | Balanced | — | Restored after structured rest and journaling. |
| CRP (Inflammation) | 1.1 mg/L | <3 mg/L | Low, no systemic inflammation. |
| Weight | 69.2 kg | — | Stable despite reduced training load. |
| Mood Stability Index | 8.0/10 | 7–9 balanced | Reinforced by gratitude journaling and peer support. |
| Training Compliance | Moderate | — | Rest-focused but intentional, aligned with travel recovery needs. |