**Week 26 – Blood Testing, Inflammation Monitoring, and Soreness Management**

**Medical:**  
This week centered around updated blood tests for Aarav. Dr. Patel carefully reviewed the results, noting markers of inflammation and recovery. Supplements were adjusted slightly to optimize immune response and muscle repair, ensuring no deficiencies contributed to his soreness. Emphasis was placed on monitoring CRP levels and ensuring recovery windows were respected.

**Physio:**  
Rachel adapted Aarav’s exercise plan to manage recurring soreness. She reduced load intensity, integrated low-impact cross-training options such as cycling and swimming, and emphasized mobility drills. These changes helped reduce strain while maintaining fitness. Regular feedback from Aarav guided session pacing.

**Nutrition:**  
Carla reinforced the importance of anti-inflammatory nutrition. Meals were enriched with omega-3 fatty acids (flaxseeds, fish, walnuts), antioxidants (berries, greens), and hydration-focused recovery drinks. Snacks were structured to stabilize energy while reducing systemic inflammation.

**Mental Health:**  
Dr. Isha continued stress management practices, emphasizing mindfulness and self-compassion during soreness. Peer mentors Neel and Rohan supported Aarav by sharing their own experiences with recovery setbacks, normalizing the process and reinforcing patience.

**Engagement:**  
Aarav maintained high compliance by tracking soreness, diet, and mood daily. The logs were reviewed in team check-ins, ensuring his concerns were addressed proactively.

**Overall:**  
A medically focused week that prioritized inflammation monitoring and soreness management. Aarav balanced training, nutrition, and mental resilience, showing consistency even under physical stress.

**Week 26 Key Tests**

| **Test / Measure** | **Value** | **Normal Range** | **Comments** |
| --- | --- | --- | --- |
| Hemoglobin | 14.4 g/dL | 13.5–17.5 g/dL | Stable; no anemia detected. |
| Iron (Serum Ferritin) | 88 ng/mL | 30–300 ng/mL | Within range, supporting recovery. |
| Vitamin D (25-OH) | 34 ng/mL | 30–100 ng/mL | Improved slightly from prior levels. |
| Blood Pressure | 115/74 mmHg | 110–120/70–80 | Normal and steady. |
| Resting Heart Rate | 64 bpm | 50–70 bpm | Slightly lower, indicating good adaptation. |
| CRP (Inflammation) | 2.1 mg/L | <3 mg/L | Elevated but within acceptable limits; monitored closely. |
| Creatine Kinase (Muscle) | 240 U/L | <200–250 U/L | Mildly elevated due to muscle soreness; reduced with rest. |
| Agility/Balance Score | 7.7/10 | 7–9 balanced | Maintained despite soreness. |
| Recovery Index (Sleep/HRV) | Slight dip | — | Impacted by soreness; improved with mindfulness practices. |
| Weight | 69.0 kg | — | Stable, reflecting balanced nutrition. |
| Mood Stability Index | 7.8/10 | 7–9 balanced | Supported by peer and therapist guidance. |
| Training Compliance | High | — | Adjusted load followed precisely as per guidance. |