**Week 27 – Bloodwork Review, Inflammation Monitoring, and Performance Refinement**

**Medical:**  
Dr. Patel reviewed Aarav’s updated bloodwork, focusing on immune markers and inflammation profiles. He explained how mild fluctuations were part of a normal recovery cycle and reassured Aarav that his progress remained steady. Supplement adjustments were minimal, as current routines were effective in maintaining balance.

**Physio:**  
Rachel refined Aarav’s sessions by carefully balancing performance training with recovery. She reduced repetitive strain by alternating between strength and mobility work, while also incorporating light cross-training such as swimming and cycling. Close monitoring of soreness helped prevent overuse while allowing for gradual performance improvements.

**Nutrition:**  
Carla provided a specialized anti-inflammatory meal plan, highlighting foods that also supported immune resilience. Aarav engaged actively, asking about the role of diet in modulating inflammation and immunity. His intake emphasized leafy greens, fatty fish, berries, and turmeric-rich recipes.

**Mental Health:**  
Dr. Isha checked in on Aarav’s mood stability and encouraged mindfulness routines to sustain mental energy. Neel and Rohan added motivation by reinforcing the value of consistent tracking, helping Aarav stay positive about the refinement phase of his recovery.

**Engagement:**  
Aarav demonstrated maturity by reflecting on his recovery journey, uploading daily logs, and actively participating in team discussions. His involvement showed readiness for the final stretch of his recovery.

**Overall:**  
This week was centered on refinement—maintaining performance gains while carefully controlling inflammation, with holistic medical, physical, nutritional, and psychological support.

**Week 27 Key Tests**

| **Test / Measure** | **Value** | **Normal Range** | **Comments** |
| --- | --- | --- | --- |
| White Blood Cell Count | 6,200/µL | 4,000–10,000/µL | Normal, indicating healthy immune status. |
| CRP (Inflammation) | 1.9 mg/L | <3 mg/L | Slightly improved from last week; inflammation under control. |
| Hemoglobin | 14.6 g/dL | 13.5–17.5 g/dL | Stable, supporting endurance capacity. |
| Vitamin D (25-OH) | 35 ng/mL | 30–100 ng/mL | Improving, aided by diet and supplementation. |
| Resting Heart Rate | 63 bpm | 50–70 bpm | Lower, reflecting improving cardiovascular adaptation. |
| Creatine Kinase (Muscle) | 225 U/L | <200–250 U/L | Mildly elevated but trending downward, showing better recovery. |
| Recovery Index (Sleep/HRV) | Stable | — | Consistent recovery maintained despite workload. |
| Weight | 69.1 kg | — | Stable; slight increase in lean mass noted. |
| Agility/Balance Score | 7.9/10 | 7–9 balanced | Slight improvement over prior week. |
| Mood Stability Index | 8.0/10 | 7–9 balanced | Good, supported by mindfulness and peer motivation. |
| Training Compliance | Very High | — | Aarav followed adjustments with discipline and accuracy. |