**Week 5 – Progress & Confidence Boost**

* **Medical & Vitals**
  + Resting heart rate improved, dropping from **76 → ~70 bpm**, reflecting better cardiovascular efficiency.
  + **Sleep quality enhanced**: averaging **7 hours per night** with deeper REM phases.
  + **Swelling decreased**, though some **residual stiffness** persisted, requiring ongoing care.
* **Nutrition & Hydration**
  + Carla refined the **travel-friendly diet**, ensuring it sustained **iron levels** during frequent trips.
  + Emphasis continued on **consistent hydration**, particularly with changing climates during travel.
* **Physiotherapy & Mobility**
  + Rachel progressed rehab, introducing **balance and mobility drills** for ankle stability.
  + Aarav successfully initiated **light jogging without discomfort**, marking a major milestone in physical recovery.
* **Mindset & Support**
  + Neel and Rohan reinforced **daily discipline** and provided strategies to manage **monthly Malaysia travel** seamlessly.
  + Their structured guidance helped Aarav remain consistent despite schedule challenges.
* **Engagement & Reflection**
  + Aarav expressed **gratitude** for visible progress, acknowledging the team’s coordinated effort.
  + While mood stability still required **active encouragement**, his reflections showed **growing optimism**.
* **Overall Progress**
  + Week 5 marked the **first clear signs of measurable physical improvement**.
  + The **jogging milestone boosted Aarav’s confidence**, signaling both physical and psychological gains.

| **Week 5 Key Tests** | **Value** | **Normal Range** | **Comments** |
| --- | --- | --- | --- |
| Ferritin | 28 ng/mL | 30–400 ng/mL | Improving, near normal |
| Vitamin D (25-OH) | 22 ng/mL | >30 ng/mL | Slowly improving |
| Fasting Glucose | 112 mg/dL | 70–99 mg/dL | Mildly elevated |
| HbA1c | 6.0% | <5.7% | Prediabetes (stable) |
| Pulse Rate | 74 bpm | 50–70 bpm (resting athlete) | Slightly elevated |
| PHQ-9 (Depression) | 8 | 0–4 minimal | Mild–moderate depression |
| Sleep Efficiency | 76% | >85% | Mild improvement |
| Medicine Compliance | Good | — | Continuing escitalopram |