**Week 6 – Consolidation, Self-Motivation, and Health Strategy**

* **Medical:** Aarav reported noticeable improvement in mood after two full weeks on escitalopram. Side effects remained minimal, mainly limited to mild drowsiness on some evenings, which did not interfere with training or academics. His energy levels were better, and sleep became more restorative. A blood re-test was planned to check ferritin and vitamin D levels, aiming to confirm recovery trends and guide supplementation.
* **Nutrition:** Aarav maintained consistent hydration throughout the day and made breakfast a daily habit. Carla, his nutritionist, introduced a monthly challenge where Aarav focused on adding leafy greens and oily fish to meals for better iron and omega-3 intake. Aarav also started asking questions about optimal post-training recovery snacks, showing proactive engagement with nutrition.
* **Physiotherapy:** Continued ankle stability and strengthening drills were well tolerated. Aarav showed improved mobility, and discussions were initiated about beginning supervised jogging. His confidence in physical movement increased, and his pain levels remained minimal.
* **Psychiatry & Mental Health:** Aarav was introduced to structured breathing exercises, which gave him a stronger sense of control during moments of stress. He maintained journaling and relaxation practices, reporting reduced anxiety and better focus.
* **Engagement:** Aarav joined a group Q&A session with other athletes, which helped normalize his challenges, reduce anxiety, and build social connection.
* **Overall:** Aarav demonstrated growing independence, self-motivation, and openness in managing his health routines, reflecting progress across medical, physical, and psychological domains.

| **Week 6 Key Tests** | **Value** | **Normal Range** | **Comments** |
| --- | --- | --- | --- |
| Ferritin (Re-test) | 31 ng/mL | 30–400 ng/mL | Now within normal range |
| Vitamin D (25-OH) | 25 ng/mL | >30 ng/mL | Improving, still suboptimal |
| Fasting Glucose | 105 mg/dL | 70–99 mg/dL | Slightly above normal, improving |
| HbA1c | 5.8% | <5.7% | Borderline prediabetes |
| Pulse Rate | 72 bpm | 50–70 bpm (resting athlete) | Closer to athletic target |
| PHQ-9 (Depression) | 6 | 0–4 minimal | Mild symptoms, notable improvement |
| Sleep Efficiency | 82% | >85% | Moderate improvement |
| Medicine Compliance | Excellent | — | Escitalopram well tolerated |