**Week 7 – Breakthroughs, Independence, and Positive Change**

* **Medical:** Blood retests confirmed meaningful progress. Iron levels increased further, vitamin D improved toward sufficiency, fasting glucose stabilized, and inflammation markers dropped. Aarav expressed visible relief and growing optimism, reinforcing adherence to treatment and lifestyle changes.
* **Nutrition:** Carla provided new travel-friendly snack options (protein bars, dry fruits, yogurt packs) to maintain balance during tournaments and academic travel. Aarav adapted well and proactively logged meal quality. He started showing awareness of food–nutrient interactions, especially regarding iron absorption.
* **Physiotherapy:** Rachel approved progression to supervised jogging sessions on soft ground. Aarav reported only mild soreness, with no swelling, confirming healing progress. His mobility continued to improve, and he demonstrated better posture and balance.
* **Mental Health:** Aarav joined structured group mindfulness exercises. He experienced calmer evenings, improved sleep quality, and a lighter mood throughout the week. His journal entries reflected reduced anxiety and stronger focus.
* **Engagement:** Aarav showed independence in logging sleep, meals, and mood. He began asking deeper, long-term questions about maintaining iron levels and balancing training with recovery.
* **Overall:** This week marked a breakthrough — both physiologically, with improved test results, and psychologically, with Aarav’s shift toward independence, curiosity, and active participation in his recovery journey.

**Week 7 Table (Word-Compatible)**

| **Week 7 Key Tests** | **Value** | **Normal Range** | **Comments** |
| --- | --- | --- | --- |
| Ferritin (Re-test) | 45 ng/mL | 30–400 ng/mL | Improved, mid-normal |
| Vitamin D (25-OH) | 29 ng/mL | >30 ng/mL | Near sufficiency, improving |
| Fasting Glucose | 98 mg/dL | 70–99 mg/dL | Normalized |
| HbA1c | 5.6% | <5.7% | Normal range achieved |
| CRP (Inflammation) | 1.2 mg/L | <3 mg/L | Reduced, low-risk |
| Pulse Rate | 70 bpm | 50–70 bpm (resting athlete) | Approaching athletic target |
| PHQ-9 (Depression) | 4 | 0–4 minimal | Minimal symptoms |
| Sleep Efficiency | 86% | >85% | Back in normal range |
| Medicine Compliance | Excellent | — | Continued tolerance, no issues |