**Week 9 – Transitioning to Independence and Flourishing**

* **Medical:** Aarav’s monthly review confirmed that iron, vitamin D, and glucose levels remained stable. Dr. Patel reduced the frequency of lab testing, marking confidence in Aarav’s ability to self-manage and sustain progress.
* **Nutrition:** Carla praised Aarav’s creativity with recipes and guided him on mindful eating while dining out. She also emphasized minimizing processed foods, helping Aarav build resilient long-term habits.
* **Physiotherapy:** Rachel structured a staged return-to-running plan, encouraging Aarav to tune into body signals and pace himself gradually. Aarav expressed enthusiasm for re-engaging with endurance activities.
* **Mental Health:** With recovery milestones achieved, Dr. Isha set fresh goals around mood stability, fitness, and broader life aspirations. Aarav reported feeling “back to normal” but continued to value mindfulness and reflection practices as anchors.
* **Engagement:** Aarav joined the Elyx alumni support group, where he openly shared his journey and was invited to mentor newcomers. This recognition reinforced his sense of purpose and belonging.
* **Overall:** A milestone week—Aarav transitioned toward independence with balance and confidence, while still drawing occasional guidance from the care team.

**Week 9 Table (Word-Compatible)**

| **Week 9 Key Tests** | **Value** | **Normal Range** | **Comments** |
| --- | --- | --- | --- |
| Ferritin (Monthly) | 50 ng/mL | 30–400 ng/mL | Stable, maintained |
| Vitamin D (25-OH) | 34 ng/mL | >30 ng/mL | Adequate, sustained |
| Fasting Glucose | 92 mg/dL | 70–99 mg/dL | Well controlled |
| HbA1c | 5.4% | <5.7% | Continued normal |
| CRP (Inflammation) | 0.9 mg/L | <3 mg/L | Stable low |
| Resting Pulse Rate | 66 bpm | 50–70 bpm | Athlete-level baseline |
| PHQ-9 (Depression) | 2 | 0–4 minimal | Minimal, near remission |
| Sleep Efficiency | 87% | >85% | Consistent routine |
| Medicine Compliance | Excellent | — | No missed doses, full adherence |