

MONTH 1: Program Kickoff & Baseline Establishment.

March

WEEK 1

Day 1 (Monday)[9:12 AM] Arjun: Morning Ruby, just noticed my Oura ring logged only 5h 20m of sleep. I went to bed at 11 but kept waking up. Is this something Advik should check?

[9:20 AM] Ruby (Concierge): Good morning, Arjun Yes, I'll flag this to Advik. Thank you for sharing. Any late caffeine or heavy meals yesterday?

[9:22 AM] Arjun: Had a late dinner with friends around 9:30. Quite a bit of wine too.

[9:30 AM] Advik (Performance Scientist): Hi Arjun. I'm looking at your data now. Elevated resting HR and suppressed HRV overnight confirm your poor sleep. Alcohol + late meals are usually the culprits. Let's log this as a learning point. Try to stop meals 3h before bed this week and let's see if sleep rebounds.

Day 2 (Tuesday)[8:15 AM] Ruby: Gentle reminder — Rachel has updated your 2-week exercise block in the app. Today's session is a mobility + strength circuit. Would you like me to block a 30-min slot in your calendar?

[8:20 AM] Arjun: Please do 6:30 PM.

[8:22 AM] Ruby: Done ✓ Invite sent.

[8:25 AM] Rachel (PT): Arjun, quick note — focus on form for the goblet squats. Keep heels grounded. Send me a quick video if you feel any discomfort.

Day 3 (Wednesday)[7:50 AM] Arjun: I was reading an article on ApoB being a better marker than LDL. Did we check mine in the last panel?

[8:10 AM] Dr. Warren (Medical): Good question, Arjun. Yes, ApoB was included. Your result was 92 mg/dL — borderline elevated. This is why Carla and I have prioritized fiber + exercise consistency. We'll re-test in 6 weeks with your next quarterly panel to see if interventions are working.

[8:20 AM] Arjun: Got it. Thanks for explaining.

Day 4 (Thursday)[11:05 AM] Carla (Nutritionist): Hi Arjun, I noticed from your food log photo yesterday you had chicken rice for lunch. Delicious , but it was quite high in saturated fat. For blood pressure + ApoB, let's aim for more oily fish and beans this week. Would you like me to send a simple lunch swap list that works around hawker food in Singapore?

[11:15 AM] Arjun: Yes please, that would help.

[11:20 AM] Carla: Sending you a list now. One easy option: Sliced fish soup (no fried bits, go light on the MSG broth). It's heart-friendly and easy when you're out.

Day 5 (Friday)[6:45 AM] Ruby: Good morning. Quick note — we're due for your 3-month diagnostic panel at the end of next week. I'll schedule a home phlebotomy visit unless you prefer the lab clinic.

[6:55 AM] Arjun: Home visit, please.

[7:00 AM] Ruby: Confirmed. Friday next week at 9 AM. Fasting required.

Day 6 (Saturday)[8:20 AM] Arjun: Travel update — I'm flying to Tokyo Monday morning for a week. How do we adjust exercise and food?

[8:35 AM] Ruby: Thanks for letting us know. I'll coordinate a "Tokyo Travel Plan" for you by tomorrow — includes hotel gym options, portable snack suggestions, and timing adjustments.

[9:00 AM] Rachel: Arjun, while traveling, aim for 20–25 mins bodyweight circuits daily. I'll prep a "hotel room workout" for you. No excuses

[9:05 AM] Arjun: Fair enough.

Day 7 (Sunday)[4:00 PM] Ruby: Weekly Elyx Report

* Sleep: 2 nights disrupted (late meals, alcohol).

* Exercise: 3/4 planned sessions completed

* Nutrition: Logged 4/7 days. Still room to reduce saturated fat.

* Blood pressure: Morning averages improved — 132/84 → 126/81.

Next week focus: travel protocol, diagnostic panel prep.

[4:15 PM] Arjun: Appreciate the summary. Makes sense.

WEEK 2 (Tokyo Trip)

Day 8 (Monday)[7:45 AM] Ruby: Safe travels today ✈️. Tokyo Travel Plan attached (PDF + calendar reminders). Includes recommended restaurants near your hotel with heart-healthy menus.

[7:50 AM] Arjun: Got it. Boarding now.

Day 9 (Tuesday)[7:20 AM] Arjun: Morning from Tokyo. Didn't sleep well again — new hotel bed. Whoop says recovery 36%. Should I still try Rachel's workout?

[7:35 AM] Advik: Given recovery <40%, today stick to mobility + walking. No intense training. The goal is to bounce back quickly from travel stress.

[7:40 AM] Rachel: Agreed. Just do 10 mins hip openers + core activation. Sending you a short video now.

Day 10 (Wednesday)[12:10 PM] Arjun: Quick qn — my Japanese client invited me for yakiniku tonight. Lots of red meat. Carla, any hacks so I don't blow the plan?

[12:25 PM] Carla: Enjoy the dinner! Here's what you can do:

- * Choose leaner cuts (sirloin > short rib).
- * Pair with rice + veggies, avoid creamy sides.
- * Drink water or tea, skip sugary drinks.
- * Stop when 80% full (Japanese "Hara Hachi Bu" principle).

[12:28 PM] Arjun: Nice, I'll try.

Day 11 (Thursday)[6:30 AM] Arjun: Did 25 mins in the hotel gym treadmill Zone 2 yesterday. HR stayed stable around 125. Felt good.

[6:45 AM] Advik: Excellent signal ✔️. Your HR zone is well calibrated now. We'll compare with your data back in Singapore next week.

Day 12 (Friday)[8:50 AM] Ruby: Friendly reminder — diagnostic panel scheduled next Friday at your residence, 9 AM. Please confirm once back in Singapore.

[9:05 AM] Arjun: Confirmed. Landing Thursday night.

Day 13 (Saturday)[11:15 AM] Arjun: Woke up with slight ankle swelling. Could it be BP-related?

[11:30 AM] Dr. Warren: Thanks for flagging. Swelling can have many causes — from high salt meals (common in Japan) to prolonged sitting. Check your BP today. If it's significantly above baseline, we'll adjust. Otherwise, hydrate and keep legs elevated when possible.

[11:35 AM] Arjun: BP was 138/86 this morning. Usually it's ~126/80.

[11:45 AM] Dr. Warren: Mild rise, likely diet-related. No immediate concern, but we'll re-check after you return. Please keep logs daily.

Day 14 (Sunday)[3:30 PM] Ruby: Weekly Elyx Report

* Travel week summary: 2 proper workouts, 3 mobility sessions.

* Sleep: Below baseline (average recovery 42%).

* Nutrition: Managed well despite work dinners.

* BP: Slightly elevated, monitoring continues.

Focus for next week: Diagnostic panel, reset post-travel, ApoB-targeted nutrition.

[3:40 PM] Arjun: Thanks, clear as always.

WEEK 3

(Dates: March 18 – March 24, 2025)

Tuesday, Mar 18, 2025[7:40 AM] Arjun: Back from Tokyo late last night. Woke up groggy, Whoop recovery only 38%. Is this normal after flights?

[7:50 AM] Advik (Performance Scientist): Yes, very normal. Long-haul travel disrupts circadian rhythm and increases sympathetic drive. Your elevated resting HR confirms it. Today → light activity only. Walk 20–25 mins outside, plenty of water, and try a 15-min sunlight exposure before 10 AM. This accelerates circadian reset.

[7:55 AM] Ruby (Concierge): I'll also block a 30-min evening slot for stretching. Helps with circulation post-flight.

[7:57 AM] Arjun: Please do, 7 PM.

Wednesday, Mar 19, 2025[8:15 AM] Carla (Nutritionist): Morning Arjun. Welcome back. For post-travel recovery + BP stability, let's keep sodium low for 2–3 days. I've shared a meal plan with more fruits, vegetables, and whole grains. Have Suzane coordinate with your chef.
[8:20 AM] Arjun: Good idea. Last week was soy sauce overload in Japan.
[8:25 AM] Carla: Exactly. That likely explains the ankle swelling you noticed. Hydration + potassium-rich foods (bananas, spinach, avocado) will help rebalance.

Thursday, Mar 20, 2025[9:00 AM] Ruby: Reminder — tomorrow morning at 9 AM, phlebotomist will arrive at your residence for your 3-month diagnostic panel. Please fast from midnight tonight (water allowed).
[9:05 AM] Arjun: Acknowledged.
[4:30 PM] Rachel (PT): Arjun, since you're fasting tomorrow morning, avoid intense exercise pre-blood draw. Just do gentle mobility or skip training entirely.

Friday, Mar 21, 2025[9:00 AM] Ruby: Phlebotomist is at your residence now. They'll need ~20 mins. I'll follow up once the samples are dispatched.
[9:05 AM] Arjun: All set, blood drawn.
[11:15 AM] Ruby: Samples have been sent to the lab. We should have results by mid-next week. Dr. Warren will then consolidate and share recommendations.
[6:45 PM] Arjun: Skipped workout today — felt drained after the blood draw.
[6:50 PM] Rachel: That's okay, expected. Do light walking or mobility tomorrow, and resume strength routine Sunday.

Saturday, Mar 22, 2025[8:30 AM] Arjun: Whoop shows recovery 76% today, huge jump. Surprised because I didn't sleep that long.
[8:45 AM] Advik: That's interesting. Your HRV spiked back to 52 ms (vs. 40 average), suggesting your body is bouncing back from travel fatigue. Quality > duration sometimes. Let's lock in the progress — no late meals, no alcohol tonight.
[8:55 AM] Arjun: Got a dinner party... might be tough.
[8:57 AM] Advik: If unavoidable, at least stop eating 2h before bed and stick to water after dinner.

Sunday, Mar 23, 2025[10:00 AM] Ruby: Weekly Elyx Report
* Exercise: 3/5 planned sessions completed (one skipped post-blood draw).
* Sleep: Recovery improved after Tokyo return.
* Nutrition: Sodium-heavy meals noted during travel. Post-trip adjustment underway.
* BP: Averaged 129/82 this week, slight improvement from last week's elevated readings.
Next week → review blood panel results, reset structured plan for Q2.
[10:15 AM] Arjun: Understood. Looking forward to seeing my labs.

Monday, Mar 24, 2025[8:30 AM] Ruby: Good morning! Rachel has released your updated 2-week workout block (March 24 – April 6). It includes progressive resistance sessions + mobility work. Would you like a quick video walkthrough today?
[8:35 AM] Arjun: Yes, 6 PM works.
[8:40 AM] Rachel: Perfect, I'll send short demos for deadlifts and overhead press — two lifts we'll emphasize this block.

WEEK 4

(Dates: March 25 – March 31, 2025)

Tuesday, Mar 25, 2025[7:10 AM] Ruby: Preliminary blood test results are in. Dr. Warren will review them in detail and share later today.
[7:12 AM] Arjun: Great, waiting.
[3:00 PM] Dr. Warren (Medical): Arjun, I've reviewed your panel. Key highlights:
* ApoB: 94 mg/dL (still elevated, up slightly from 92).
* Fasting glucose: 95 mg/dL (within normal).
* hs-CRP: 1.8 (borderline inflammation).
* BP log confirms mild elevation, but trending better post-travel.

Plan:

1. Carla will tighten nutrition for ApoB (more soluble fiber, less red meat).
2. Rachel to maintain progressive Zone 2 + resistance training.
3. Re-test in June.

[3:15 PM] Arjun: ApoB went up even after all that effort?

[3:25 PM] Dr. Warren: Yes, but minor. Variability happens. What matters is sustained trend across months. Let's reinforce consistency.

Wednesday, Mar 26, 2025[9:20 AM] Carla: Following Dr. Warren's analysis, I've updated your plan with weekly "fiber targets." We'll aim for 30g/day. I'll coordinate with your chef to include oats, lentils, and chia puddings.

[9:25 AM] Arjun: Can you give me portable snack options too? I often eat in the office.

[9:30 AM] Carla: Absolutely — roasted chickpeas, high-fiber protein bars, apple + almond butter packs. I'll send you a list with brands available in Singapore supermarkets.

Thursday, Mar 27, 2025[6:40 AM] Arjun: Whoop shows only 5h sleep again, recovery red at 28%. No alcohol last night. Why so low?

[6:55 AM] Advik: Looking at your data → respiratory rate up, resting HR elevated. Likely mild infection or stress load. Any sore throat, congestion?

[7:00 AM] Arjun: A bit congested, yes.

[7:05 AM] Advik: Okay — take today light. Avoid strenuous training, hydrate aggressively, and do a short walk outside. Your body is signaling it needs recovery.

[7:10 AM] Ruby: I'll cancel today's gym slot so you can focus on rest.

Friday, Mar 28, 2025[11:00 AM] Rachel: Since your recovery is still low, let's pivot this week. Instead of pushing progression, we'll focus on maintaining baseline movement. Please try the 15-min mobility circuit I shared earlier. It keeps joints active without stressing the system.

[11:10 AM] Arjun: Done this morning actually. Felt good, less stiff.

Saturday, Mar 29, 2025[9:15 AM] Arjun: Heading to KL for 3 days of meetings. Hotel gym is small, just treadmills and dumbbells. Should I adapt workouts?

[9:25 AM] Rachel: Yes — I'll build a "hotel version" of your current block. Focus: dumbbell rows, goblet squats, push-ups, planks. 25–30 mins total.

[9:30 AM] Ruby: I'll also send Carla's list of KL restaurants with lighter options near your hotel. That way your plan stays intact while traveling.

Sunday, Mar 30, 2025[3:00 PM] Ruby: Weekly Elyx Report

* Diagnostics: Completed, results reviewed.

* ApoB: Slight rise, interventions strengthened.

* Exercise: 4/6 sessions completed, 1 missed due to low recovery.

* Nutrition: Logged 5/7 days, improving variety of whole foods.

* Sleep: 2 poor nights, 2 strong recoveries.

Next week → KL travel plan, maintaining momentum despite meetings.

[3:20 PM] Arjun: Thanks, clear summary.

Monday, Mar 31, 2025[7:50 AM] Arjun: First night in KL hotel. Slept only 4.5h, had late dinner with clients. HRV dropped again.

[8:10 AM] Advik: Travel + late meals again showing up in data. Let's keep today's target minimal — a 20-min treadmill Zone 2 session, then early bedtime. We'll try to stabilize your system before you return to Singapore.

[8:15 AM] Arjun: Got it.

MONTH 2: Building Early Consistency & Overcoming Travel Challenges.

WEEK 5

(Dates: April 1 – April 7, 2025)

Tuesday, Apr 1, 2025[8:15 AM] Ruby (Concierge): Good morning Arjun Hope your trip to KL is going

smoothly. Quick reminder: tomorrow you have a scheduled coaching session with Rachel at 7 PM SGT. She'll focus on reviewing your form for dumbbell rows and squats.

[8:20 AM] Arjun: Thanks Ruby. KL schedule has been hectic. I'll be back late tonight but should be fine for tomorrow.

[8:25 AM] Rachel (PT): Perfect. Bring any questions you have from the hotel workouts — I'll tailor the session to make sure you're confident with substitutions.

Wednesday, Apr 2, 2025[7:40 AM] Arjun: Morning. Woke up with a mild headache and Whoop shows recovery at 42%. Do you think I should still do the strength session tonight?

[7:55 AM] Advik (Performance Scientist): Looking at your data — your HRV dropped 10 ms overnight, and resting HR is elevated. That points toward systemic stress, maybe from travel. I'd recommend keeping the intensity lower. Rachel can adapt the session to focus more on mobility + form drills rather than heavy lifts.

[8:00 AM] Rachel: Agreed. We'll make it a "movement quality" session, not a load progression. The idea is to keep your joints and posture aligned without stressing recovery further.

[8:05 AM] Arjun: Okay, thanks both.

Thursday, Apr 3, 2025[10:20 AM] Carla (Nutritionist): Arjun, following up from your latest labs — ApoB was slightly elevated. To address this, I want to introduce a 2-week trial of psyllium husk supplement (5g daily, mixed in water). Evidence shows it lowers ApoB and LDL by binding cholesterol in the gut.

[10:25 AM] Arjun: Does it taste awful?

[10:28 AM] Carla: Neutral taste, just gritty texture. Best to mix in a smoothie or shake. Alternatively, I can recommend capsules, though powder is usually more effective.

[10:30 AM] Arjun: Let's try powder for now.

[10:35 AM] Ruby: I'll order and have it delivered by Saturday morning.

Friday, Apr 4, 2025[9:00 AM] Ruby: Checking in — any issues with logistics from this week? Travel went smoothly, chef coordinated with Carla's food plan?

[9:10 AM] Arjun: All good. Javier (chef) has been trying new recipes — had grilled salmon with quinoa yesterday. Quite good actually.

[9:15 AM] Carla: That's great feedback. Quinoa is a good soluble fiber source and provides magnesium, which also helps with BP regulation.

Saturday, Apr 5, 2025[11:15 AM] Arjun: Tried psyllium this morning in a protein shake. Felt very full after, almost heavy. Is that normal?

[11:25 AM] Carla: Yes, that's the fiber expanding. It increases satiety, which can also help reduce snacking. Make sure you're drinking at least 2L of water daily when taking it to avoid digestive discomfort.

[11:28 AM] Arjun: Got it, will up water intake.

Sunday, Apr 6, 2025[5:00 PM] Ruby: Weekly Elyx Report

* Exercise: 4 sessions completed (2 gym, 2 hotel modifications).

* Sleep: Average recovery 55%, improving since travel.

* Nutrition: Psyllium trial started, 1 sodium-heavy day in KL.

* BP: Avg 127/81 this week, more stable.

* Stress: One flagged low recovery day, managed adaptively.

Focus for next week → consistency at home, monitor psyllium tolerance, progress Zone 2 duration.

[5:15 PM] Arjun: Very clear summary, thank you.

Monday, Apr 7, 2025[7:20 AM] Advik: Morning, Arjun. Based on your Whoop trend, we can progress Zone 2 training to 35 mins today. Keep pre-hydration protocol. If dizziness occurs, stop immediately.

[7:25 AM] Arjun: Okay, planning to do it at 6 PM.

WEEK 6

(Dates: April 8 – April 14, 2025)

Tuesday, Apr 8, 2025[6:45 AM] Arjun: Did the 35 mins last night — HR stable, no dizziness. Felt solid.

[7:00 AM] Advik: Excellent This confirms your system is tolerating progression well. We'll hold at 35 mins for

3 more sessions this week, then reassess.

Wednesday, Apr 9, 2025[8:10 AM] Arjun: I have a work trip to Jakarta April 15–18. Can you build me a travel plan like we did for Tokyo?

[8:20 AM] Ruby: Of course. I'll create a Jakarta Travel Protocol with: hotel gym adaptations, nearby healthy dining options, hydration strategies for the hot/humid climate. You'll have it by Sunday.

[8:25 AM] Rachel: I'll also design a short "jet-lag minimizer" routine you can do in the hotel room on arrival — 15 mins mobility + light cardio bursts.

Thursday, Apr 10, 2025[9:30 AM] Carla: Quick nutrition tip: Jakarta meals often come fried or heavy in oils. I recommend you look for grilled satay (skip the peanut sauce if it's too sweet) and gado-gado salad with dressing on the side. I'll add a printable guide for common dishes.

[9:35 AM] Arjun: That's very practical. Please share before I go.

Friday, Apr 11, 2025[7:50 AM] Ruby: Good morning. Just confirming — your Q2 review call with Dr. Warren and Neel is scheduled for April 19 at 10 AM SGT, after you return from Jakarta. Agenda: review labs, update interventions, and refine targets for the next quarter.

[7:55 AM] Arjun: Locked in.

Saturday, Apr 12, 2025[8:30 AM] Arjun: Random question: I read that beetroot juice helps lower BP. Worth trying?

[8:45 AM] Dr. Warren (Medical): Good question. Beetroot is rich in nitrates, which can improve endothelial function and lower BP modestly. It's generally safe and can be a useful adjunct. Carla can recommend a brand that doesn't have excess sugar.

[8:50 AM] Carla: Yes, I'll shortlist a couple of cold-pressed options available locally. You could try 100ml pre-exercise to also support endurance.

[8:55 AM] Arjun: Sounds good.

Sunday, Apr 13, 2025[4:00 PM] Ruby: Weekly Elyx Report

* Exercise: 5/6 sessions completed, first full 35-min Zone 2 week.

* Sleep: Average recovery 61% (best in 2 months).

* Nutrition: Psyllium integrated, no GI issues. Exploring beetroot trial.

* BP: Week avg 125/80, very stable.

* Travel Prep: Jakarta protocol drafted, review tomorrow.

[4:10 PM] Arjun: This feels like momentum.

[4:15 PM] Neel (Concierge Lead): That's the point, Arjun. This consistency builds resilience. The Q2 review will help us lock in bigger goals — reducing ApoB by double digits and cementing exercise as a lifestyle, not just an intervention.

Monday, Apr 14, 2025[7:00 AM] Ruby: Good morning. Jakarta protocol has been uploaded to your app. Includes:

1. Hydration + salt strategy for humid conditions.
2. Hotel gym adaptation plan.
3. Meal guide for local restaurants.
4. 10-min morning mobility flow for travel days.

[7:10 AM] Arjun: Perfect. Will review tonight.

WEEK 7

(Dates: April 15 – April 21, 2025)

Tuesday, Apr 15, 2025 – Travel Day[6:15 AM] Ruby (Concierge): Good morning, Arjun. ✈️ Safe travels to Jakarta today. Just a reminder: follow the hydration protocol — 500ml water with electrolytes before boarding, and stand up every 45 mins during flight if possible.

[6:20 AM] Arjun: Thanks Ruby, boarding now. Will do.

[9:40 AM] Rachel (PT): Once you land, try the 10-min mobility flow I uploaded: hip openers + spinal rotations + 2 mins plank. It'll shake off stiffness from the flight.

Wednesday, Apr 16, 2025[7:30 AM] Arjun: Slept badly in hotel last night — only 4h 50m according to Oura. Recovery red zone again (33%). Do I still do a workout?

[7:40 AM] Advik (Performance Scientist): Looking at your data feed — elevated resting HR + suppressed HRV. Today keep it light: 20 min Zone 2 treadmill only. Skip strength. Goal = stabilize nervous system.

[7:45 AM] Arjun: Okay, treadmill it is.

Thursday, Apr 17, 2025[12:05 PM] Arjun: Lunch with clients — ended up with fried noodles and satay. Carla, not the cleanest. Any tips for dinners here?

[12:15 PM] Carla (Nutritionist): That's fine, one meal won't undo progress. For dinner → look for grilled fish or gado-gado salad with dressing on the side. Limit fried foods to once a day max while here. I'll message you 3 restaurant options near your hotel that have good lighter menus.

[12:20 PM] Arjun: Perfect, thanks.

Friday, Apr 18, 2025 – Jakarta Wrap-Up[6:45 AM] Ruby: Reminder — flight back tonight at 9:20 PM. Don't forget to switch back to Singapore time cues quickly: dinner by 7:30 PM local, then no food until breakfast at SG time. Helps with circadian reset.

[6:50 AM] Arjun: Copy that.

Saturday, Apr 19, 2025 – Q2 Review Call[10:00 AM] Neel (Concierge Lead): Good morning, Arjun. Thanks for joining the Q2 review. Here are the key themes:

1. Autonomic + Cardiovascular Health: Zone 2 progression working well, target = reach 40 min stable sessions by June.

2. Metabolic Markers: ApoB still elevated (94). New strategies: psyllium adherence + beetroot juice pre-exercise. If not improved in June labs, we may consider medication consult.

3. Structural Health: Back pain stable. Rachel will progress you into Phase 2 strength program — introducing barbell work with form coaching.

4. Stress Resilience: Whoop shows improvement in recovery trends; Dr. Evans' stress-breathing exercise will remain a staple.

[10:15 AM] Dr. Warren (Medical): To add — your BP trend is encouraging (avg 125/80 last two weeks). If sustained, we'll consider discussing a taper of your antihypertensive medication by Q3.

[10:20 AM] Arjun: That's motivating. I'd love to reduce meds long-term.

[10:25 AM] Carla: Nutrition next step — I'll work with your chef to build a Mediterranean rotation (fish, olive oil, legumes, nuts). Evidence-based for ApoB and BP.

[10:30 AM] Rachel: Structurally, I'd like one in-person session in May to ensure barbell technique is safe. Ruby can coordinate.

[10:35 AM] Ruby: I'll handle scheduling + travel planning. Updated Q2 plan will be uploaded by EOD.

[10:40 AM] Neel: Excellent momentum, Arjun. Q2 is about consolidation. By end-June, our goal is: ApoB < 85, Zone 2 at 40 mins, and stable BP <125/80 consistently.

[10:45 AM] Arjun: Understood. Clear targets.

Sunday, Apr 20, 2025[5:00 PM] Ruby: Weekly Elyx Report

* Travel: Jakarta protocol mostly followed, 3/4 workouts completed.

* Sleep: Recovery disrupted on 2 nights, improving on return.

* Nutrition: 1–2 fried meals/day in Jakarta, otherwise managed.

* BP: Stable, average 126/80.

* Major milestone: Q2 strategy formalized.

[5:10 PM] Arjun: Good wrap-up, thanks.

Monday, Apr 21, 2025[7:15 AM] Advik: Morning, Arjun. Ready to progress Zone 2 to 38 mins today. Please hydrate before and after — weather is very humid this week in Singapore.

[7:20 AM] Arjun: Will do. Evening session planned.

WEEK 8

(Dates: April 22 – April 30, 2025)

Tuesday, Apr 22, 2025[8:00 AM] Arjun: Quick qn — why does psyllium sometimes make me bloated?

[8:10 AM] Carla: Common at the start. Your gut is adjusting to increased fiber load. Try splitting into 2 doses (morning + evening). And keep water >2.5L/day. That usually resolves it.

Wednesday, Apr 23, 2025[9:45 AM] Rachel: How's your back feeling during strength sessions? Any flare-ups with squats or deadlifts?

[9:50 AM] Arjun: A little stiffness after deadlifts, but nothing major.

[9:55 AM] Rachel: Okay — likely form fatigue. Send me a short video clip next time. I'll analyze your mechanics. We want to fix this before adding heavier loads.

Thursday, Apr 24, 2025[7:30 AM] Ruby: Just a heads-up — May 3rd is available for Rachel's in-person barbell coaching at your home gym. Shall I book?

[7:32 AM] Arjun: Yes, that works.

[7:35 AM] Ruby: Confirmed. Invite sent.

Friday, Apr 25, 2025[8:15 AM] Arjun: Tried beetroot juice pre-run yesterday. Surprisingly felt more energy. Placebo?

[8:25 AM] Advik: Not placebo. Beetroot-derived nitrates improve blood vessel dilation → better oxygen delivery. Your HRV post-session was 12% higher than baseline. Promising signal.

Saturday, Apr 26, 2025[10:00 AM] Carla: Chef Javier sent me his new menu plan. Highlights:

- * Dinner: Grilled seabass with lentils.

- * Breakfast: Oat-chia bowls with berries.

- * Snacks: Roasted chickpeas, mixed nuts.

This aligns well with Mediterranean + ApoB goals. Any preferences you'd like me to add?

[10:05 AM] Arjun: Maybe more variety at breakfast — oats every day gets boring.

[10:15 AM] Carla: Got it. I'll add rotation: Greek yogurt parfaits, avocado + wholegrain toast, and egg-white omelets with veggies.

Sunday, Apr 27, 2025[4:00 PM] Ruby: Weekly Elyx Report

- * Exercise: 5/6 sessions done, Zone 2 at 38 mins.

- * Sleep: Recovery stable at 63% avg.

- * Nutrition: Psyllium tolerated, beetroot juice trial successful.

- * BP: Average 124/78, best so far

[4:10 PM] Neel: Excellent trajectory, Arjun. We're right on track for Q2 targets. Keep the consistency — June labs will be our checkpoint.

Tuesday, Apr 29, 2025[7:00 AM] Arjun: Noticed HRV dip to 39 ms last night. Could stress be the cause?

[7:15 AM] Advik: Yes, your Whoop journal showed late-night work emails + screen time. Cortisol spikes can suppress HRV. Let's make tonight a strict digital cut-off at 9 PM. Add 10 mins of Dr. Evans' breathing exercise before bed.

[7:20 AM] Arjun: Will try.

Wednesday, Apr 30, 2025[8:30 AM] Ruby: End of April summary uploaded to your Plan. Highlights:

- * ApoB-focused nutrition interventions launched.

- * Zone 2 duration steadily increasing.

- * BP trending downward.

- * Stress resilience strategies in place.

May → deeper strength training progression, tighter nutrition tracking, and preparation for June diagnostics.

[8:40 AM] Arjun: Excellent. Feeling much more in control now than two months ago.

MONTH 3: Tracking Early Wins & Refining the Plan

WEEK 9

(Dates: May 1 – May 7, 2025)

Thursday, May 1, 2025 – Labour Day Holiday[8:20 AM] Arjun: Public holiday today in SG sg. Should I still train or take it easy?

[8:25 AM] Rachel (PT): Since recovery looks good (green zone, 72% today), let's go for your strength session. Use the extra time to film your squat and deadlift for me. We'll analyze technique ahead of our in-person session this weekend.

[8:30 AM] Arjun: Done, I'll record.

Friday, May 2, 2025[9:10 AM] Ruby (Concierge): Just confirming — Rachel's in-person coaching session is tomorrow at 10 AM in your home gym. She'll focus on barbell technique and progressions.

[9:15 AM] Arjun: Confirmed .

Saturday, May 3, 2025 – In-Person Coaching[10:05 AM] Rachel: Great session today, Arjun. Key notes:

- * Your squat depth is fine, but brace harder at the bottom.

- * Deadlift → keep bar closer to shins, avoid rounding.

- * We'll add 2.5 kg increments weekly if form stays solid.

[10:10 AM] Arjun: Thanks, felt more confident with corrections.

[10:15 AM] Rachel: Perfect. Video yourself once mid-week to double-check form.

Sunday, May 4, 2025[4:30 PM] Ruby: Weekly Elyx Report

- * Exercise: 5/6 sessions completed, first barbell coaching successful.

- * Sleep: Avg recovery 65%, no red-zone days.

- * Nutrition: Psyllium well tolerated, beetroot pre-exercise ongoing.

- * BP: Avg 124/79 this week, stable.

Focus next week → strength increments, meal variety expansion, and prep for mid-June diagnostics.

[4:40 PM] Arjun: Feeling good, thanks team.

Monday, May 5, 2025[7:20 AM] Carla (Nutritionist): Morning, Arjun. Chef Javier and I updated your breakfast plan:

- * Mon/Wed/Fri → Greek yogurt with berries + flaxseed.

- * Tue/Thu → Egg-white omelet + avocado toast.

- * Sat/Sun → Oat-chia bowl rotation. This keeps fiber intake high without monotony.

[7:25 AM] Arjun: Excellent, much better.

Wednesday, May 7, 2025[6:45 AM] Arjun: HRV dipped to 38 ms last night. Stressful late calls. Should I still push today's 38-min Zone 2?

[7:00 AM] Advik (Performance Scientist): Yes, but keep it easy. Cap HR at 120 bpm (bottom of Zone 2). Think "recovery cardio" today, not performance.

WEEK 10

(Dates: May 8 – May 14, 2025)

Thursday, May 8, 2025[8:05 AM] Ruby: Friendly reminder — your June diagnostic panel is due in 5 weeks. I'll schedule a home phlebotomy slot for June 13. Does that date work?

[8:10 AM] Arjun: Yes, June 13 is fine.

[8:15 AM] Ruby: Done ✓. Booked at 8:30 AM. Fasting required.

Friday, May 9, 2025[9:00 AM] Arjun: Read about "red yeast rice" supplements for cholesterol. Is that worth considering for ApoB?

[9:15 AM] Dr. Warren (Medical): Red yeast rice contains monacolin K (a natural statin). It can lower LDL/ApoB, but potency varies and some formulations are unregulated. Since you're tolerating lifestyle interventions well, I suggest holding off for now. If ApoB remains elevated in June, we can revisit.

[9:20 AM] Arjun: Makes sense, thanks.

Saturday, May 10, 2025[10:40 AM] Rachel: Your video from yesterday's squats looks much improved — knees tracking better. Deadlift still rounding slightly at heavier loads. Next week, reduce to 60 kg until form is locked in. Safety first.

[10:45 AM] Arjun: Okay, I'll drop weight and focus on form.

Sunday, May 11, 2025[4:00 PM] Ruby: Weekly Elyx Report

* Exercise: 5/6 sessions, first proper week with barbell lifts.

* Sleep: Avg recovery 62%. Two late-night work calls affected HRV.

* Nutrition: Variety added at breakfast, psyllium adherence 6/7 days.

* BP: Avg 122/78, excellent .

[4:15 PM] Neel (Concierge Lead): Arjun, this is your best BP trend since we started. June labs will show if ApoB responds as well. Keep this consistency — it's paying off.

Monday, May 12, 2025[8:25 AM] Carla: Quick update: beetroot juice trial looks positive (better endurance + HRV recovery). Let's continue daily 100 ml before Zone 2 sessions until June labs.

[8:30 AM] Arjun: No problem. I actually like the taste now.

Wednesday, May 14, 2025[7:10 AM] Arjun: Travel note — I'll be in Bangkok May 21–24 for meetings. Need a short travel plan.

[7:15 AM] Ruby: Thanks for the heads-up. I'll prepare a Bangkok Travel Protocol by Sunday — hotel gym adaptations, restaurant guide, and hydration strategy for the hot climate.

[7:20 AM] Arjun: Perfect. Appreciate the planning.

WEEK 11

(Dates: May 15 – May 21, 2025)

Thursday, May 15, 2025[7:40 AM] Arjun: Morning — feeling fatigued even though I got 7h sleep. Recovery only 48% today. Could this be training load?

[7:55 AM] Advik (Performance Scientist): Reviewing your data → HRV dropped, resting HR slightly elevated. This could be cumulative load from strength + Zone 2 sessions. Today, swap barbell work for a 30-min walk outdoors. Let's give your system a buffer before Bangkok.

[8:00 AM] Rachel (PT): Good call. No heavy lifts today. Just mobility + light movement.

Friday, May 16, 2025[9:15 AM] Carla (Nutritionist): Arjun, before Bangkok I want you to tighten fiber intake. We're aiming for 32–35g/day consistently. I've asked Javier to add lentil soups at lunch and an extra fruit serving at dinner. This should help ApoB trajectory for June.

[9:20 AM] Arjun: Got it. Lentil soup sounds good.

Saturday, May 17, 2025[10:30 AM] Rachel: Checked your squat video — form looks excellent now. Let's progress deadlifts back to 65 kg next week, but stop immediately if you feel rounding.

[10:35 AM] Arjun: Thanks, will try mid-week.

Sunday, May 18, 2025[5:00 PM] Ruby (Concierge): Weekly Elyx Report

* Exercise: 4/6 sessions, one intentionally swapped for recovery.

* Sleep: Avg recovery 58% (one red zone day).

* Nutrition: Fiber improved (avg 31g/day), beetroot continued.

* BP: Avg 123/79, steady.

Focus → Prepare for Bangkok travel, sustain momentum, avoid overtraining.

[5:10 PM] Arjun: Clear. Let's keep building.

Tuesday, May 20, 2025[8:20 AM] Ruby: Bangkok Travel Protocol ready ✓

1. Hotel gym adaptation (DB + treadmill sessions).

2. Restaurant guide (focus on grilled fish, papaya salad, tom yum without coconut cream).

3. Hydration → 2.5L/day, especially in heat.

4. Jet-lag minimizer routine uploaded.

[8:25 AM] Arjun: Perfect timing, I fly tomorrow.

Wednesday, May 21, 2025 – Flight to Bangkok[6:30 AM] Ruby: Safe travels today, Arjun. Stick to water + protein-rich snacks on flight. Avoid heavy carbs that may cause sluggishness.

[6:40 AM] Arjun: Thanks Ruby, will follow.

WEEK 12

(Dates: May 22 – May 31, 2025)

Thursday, May 22, 2025 – First Day in Bangkok[7:15 AM] Arjun: Hotel gym is basic — just treadmills, a cable machine, and DBs up to 20 kg. Rachel, how should I adapt?

[7:30 AM] Rachel: No problem. Here's a travel workout:

- * Goblet squats 3x12

- * DB rows 3x10/side

- * Push-ups 3x15

- * Plank 3x45sFinish with 15–20 min treadmill Zone 2.

[7:35 AM] Arjun: Perfect. I'll do that tonight.

Friday, May 23, 2025[8:10 AM] Arjun: Had tom yum soup last night — pretty salty. BP this morning 132/85. Should I worry?

[8:20 AM] Dr. Warren (Medical): Likely salt-driven. Short-term spikes happen during travel. Hydrate well today, aim for light meals. No clinical concern as long as baseline trends remain stable.

[8:25 AM] Arjun: Okay, will flush it out with water.

Saturday, May 24, 2025 – Return Flight[6:45 AM] Ruby: Morning. Reminder for return flight: same hydration protocol as Jakarta. Also, push dinner earlier in SG time once you land to ease circadian rhythm.

[6:50 AM] Arjun: Copy that.

Sunday, May 25, 2025[4:30 PM] Ruby: Weekly Elyx Report

- * Travel: 3/4 planned workouts completed in Bangkok.

- * Nutrition: Mostly clean, 2 high-sodium meals noted.

- * BP: Slight travel-related spike, back to baseline on return.

- * Sleep: Avg recovery 55% (disrupted hotel nights).

Next focus → ramp back training load, sustain nutrition for June labs.

[4:40 PM] Arjun: Understood. Let's reset this week.

Tuesday, May 27, 2025[8:05 AM] Arjun: Tried 65 kg deadlifts yesterday — felt smoother than before. No pain.

[8:15 AM] Rachel: That's excellent . We'll add 2.5 kg next week if form stays clean. Please send me another video at 70 kg.

Wednesday, May 28, 2025[7:00 AM] Carla: Checking in — any digestive discomfort from psyllium recently?

[7:05 AM] Arjun: None now. Gut feels adapted. Actually less snacking between meals.

[7:10 AM] Carla: Great! That satiety effect is what helps both ApoB and weight control. Keep at it daily until June labs.

Friday, May 30, 2025[6:45 AM] Advik: Data check → recovery trending up (avg 66% this week), HRV 49 ms (your best in 2 months). Let's extend Zone 2 to 40 min sessions starting tomorrow. This will be your new standard.

[6:50 AM] Arjun: Big milestone then. Will hit 40 mins tomorrow.

Saturday, May 31, 2025[9:00 AM] Arjun: Completed first 40 min Zone 2 . HR stable, no dizziness, actually felt strong.

[9:15 AM] Advik: Fantastic. This shows cardiovascular efficiency improving. You've hit one of our Q2 targets early.

[9:20 AM] Neel (Concierge Lead): Exactly, Arjun. This is how we build long-term resilience. June labs will confirm if ApoB is finally trending down. Very proud of the consistency.

MONTH 4: Q2 Diagnostics & Strategic Realignment

WEEK 13

(Dates: June 1 – June 7, 2025)

Sunday, June 1, 2025[4:00 PM] Ruby (Concierge): Weekly Elyx Report

* Exercise: 5/6 sessions, 1 red-zone recovery day observed.

* Zone 2: First full week at 40 mins per session ✓.

* Strength: Squat/deadlift form stable at current loads.

* Nutrition: Fiber intake consistent (avg 33g/day).

* BP: Avg 122/78, very controlled.

Focus → prepare for June 13 diagnostic panel. Maintain hydration + minimize alcohol until labs.

[4:15 PM] Arjun: Got it, thanks Ruby. Feels like I'm in good rhythm now.

Tuesday, June 3, 2025[7:50 AM] Arjun: Quick qn — does beetroot juice affect lab results? Should I stop before June 13?

[8:05 AM] Dr. Warren (Medical): Great question. Beetroot doesn't interfere with cholesterol or ApoB labs. You can continue. Just avoid supplements like biotin or high-dose vitamin C 48h before as they can distort results.

[8:10 AM] Arjun: Noted. I'll pause supplements 2 days before.

Wednesday, June 4, 2025[6:45 AM] Rachel (PT): Reviewing your last video — deadlifts are much tighter now. Core brace has improved. Next step: add paused squats (hold 2 sec at bottom). This builds stability for heavier loads later.

[6:55 AM] Arjun: Sounds brutal but I'll try.

Friday, June 6, 2025[8:30 AM] Carla (Nutritionist): Arjun, since diagnostics are next week, keep sodium intake <2g/day for the next 5 days. This will give the most accurate reflection of your BP control. Javier has adjusted menus accordingly.

[8:40 AM] Arjun: Perfect. Thanks for staying ahead of this.

Saturday, June 7, 2025[7:15 AM] Advik (Performance Scientist): Data check → recovery 70% average this week, HRV at 50 ms (your best baseline yet). This tells me your nervous system has fully adapted to the load. June results should reflect this positive shift.

[7:20 AM] Arjun: That's encouraging. Looking forward to the labs.

WEEK 14

(Dates: June 8 – June 14, 2025)

Monday, June 9, 2025[9:00 AM] Ruby: Just a reminder — phlebotomist booked for Friday, June 13 at 8:30 AM. Please fast from midnight Thursday. Only water allowed.

[9:05 AM] Arjun: Confirmed ✓.

Wednesday, June 11, 2025[7:30 AM] Arjun: Feeling slightly anxious about labs. Been consistent but ApoB last time still went up a little.

[7:45 AM] Neel (Concierge Lead): Totally natural to feel that way. Remember, we're measuring progress over quarters, not weeks. Even if ApoB hasn't shifted much yet, the foundation you've built (exercise, BP stability, fiber intake) will pay off over time. This is a long-term trajectory.

[7:50 AM] Arjun: Appreciate that perspective.

Friday, June 13, 2025 – Diagnostic Panel Day[8:25 AM] Ruby: Good morning. Phlebotomist will be at your residence in 5 mins. Setup is ready.

[8:30 AM] Arjun: All set.

[9:10 AM] Ruby: Blood draw completed successfully. Samples dispatched to the lab. Expected turnaround: 3 business days. Dr. Warren will review as soon as results arrive.

[9:15 AM] Arjun: Great, smooth process.

Saturday, June 14, 2025[6:40 AM] Advik: No intense exercise today, Arjun. Just 20–30 min light movement. After a blood draw, your body benefits from recovery.

[6:45 AM] Arjun: Understood. I'll take it easy.

[10:00 AM] Ruby: Weekly Elyx Report

* Exercise: 5/6 sessions, deloaded today post-labs.

- * Sleep: Avg recovery 64%, stable.
- * Nutrition: Fiber + beetroot consistently followed.
- * BP: Avg 121/77, best so far.
- * Labs: Draw complete, results expected mid-next week.

[10:10 AM] Arjun: Waiting eagerly for the results.

WEEK 15

(Dates: June 15 – June 21, 2025)

Sunday, June 15, 2025[5:00 PM] Ruby (Concierge): Weekly Elyx Report

- * Exercise: 4/6 sessions (deload due to lab week).
- * Sleep: Avg recovery 61%, stable.
- * Nutrition: Compliance strong — psyllium daily, beetroot pre-exercise.
- * BP: Avg 122/78.
- * Labs: Results expected tomorrow, review call to be scheduled mid-week.

[5:10 PM] Arjun: Thanks, looking forward to seeing the results.

Monday, June 16, 2025[11:45 AM] Ruby: Lab results are in ✓. Dr. Warren is reviewing with the team today. We'll schedule your lab review call for Wednesday at 7 PM. Does that time work?

[11:50 AM] Arjun: Yes, that's good.

Wednesday, June 18, 2025 – Lab Review Call[7:00 PM] Dr. Warren (Medical): Evening, Arjun. Let's review your results:

- * ApoB: Down from 94 → 86. Significant improvement .
- * LDL-C: Reduced by 15%.
- * BP (24h monitor): Avg 121/77. Controlled.
- * hs-CRP: Slightly elevated at 2.1 → likely travel-related inflammation.
- * Fasting glucose & HbA1c: Both normal. Overall, excellent progress. ApoB is trending in the right direction, validating psyllium + dietary shifts.

[7:10 PM] Arjun: That's encouraging. So we don't need meds yet?

[7:15 PM] Dr. Warren: Correct. No meds needed at this stage. We'll continue lifestyle-first, reassess in September.

[7:20 PM] Carla (Nutritionist): Next step — I want to tighten your Mediterranean rotation further. Adding 2 plant-based dinners/week (lentils, chickpeas, olive oil). Javier has already drafted recipes. This should push ApoB under 80 by Q3.

[7:25 PM] Rachel (PT): Structurally, your barbell work is strong. We'll progress deadlifts by 2.5 kg each week if form remains intact. Also introducing paused squats + single-leg Romanian deadlifts for balance.

[7:30 PM] Advik (Performance Scientist): Zone 2 is locked at 40 mins. Next step — one HIIT session per week (short intervals, 30s on/90s off) to expand VO₂ capacity. We'll monitor recovery closely.

[7:35 PM] Neel (Concierge Lead): Strategically, Arjun, you're on track. Q2 was about stabilizing; Q3 will be about performance expansion while continuing to lower ApoB.

[7:40 PM] Arjun: Very clear. Appreciate the structured plan.

Friday, June 20, 2025[6:45 AM] Arjun: Tried the first HIIT session yesterday. Legs are sore but felt energizing.

[6:55 AM] Advik: That's expected. We'll cap HIIT at 1 session/week for now. It's a nervous system stressor — balance with recovery.

Saturday, June 21, 2025[9:00 AM] Ruby: Just confirming — Q3 strategy summary uploaded in your app:

1. ApoB target: <80 by September.
2. Exercise: Maintain Zone 2, add weekly HIIT, progress strength lifts.
3. Nutrition: Mediterranean + 2 plant-based nights.
4. Stress: Reinforce digital cut-off routine (9 PM).

[9:05 AM] Arjun: Downloaded. Thanks for keeping this so organized.

WEEK 16

(Dates: June 22 – June 30, 2025)

Sunday, June 22, 2025[5:00 PM] Ruby: Weekly Elyx Report

- * Exercise: 5/6 sessions (first week with HIIT).
- * Sleep: Avg recovery 60%, one red day after HIIT.
- * Nutrition: Fiber + Mediterranean compliance high.
- * BP: Avg 121/76.
- * Labs: Reviewed, targets updated.

[5:10 PM] Arjun: Good balance overall. I'll keep refining sleep.

Tuesday, June 24, 2025[7:15 AM] Arjun: Noticed some knee discomfort after paused squats yesterday. Should I scale back?

[7:25 AM] Rachel (PT): Send me a quick video. Likely an alignment tweak — don't push through pain. For now, reduce to bodyweight paused squats until I analyze.

[7:30 AM] Arjun: Will record next session.

Thursday, June 26, 2025[8:00 AM] Carla: Quick tip — when dining out, watch hidden oils. Many restaurants in Singapore use palm oil. Ask for "olive oil only" when possible. Small detail, but it adds up for ApoB.

[8:10 AM] Arjun: Didn't realize that — I'll start asking.

Saturday, June 28, 2025[9:30 AM] Advik: Reviewing your Whoop — HRV baseline creeping upward (52 ms avg this week). This shows your nervous system is adapting to the new load. Very promising heading into Q3.

[9:35 AM] Arjun: Great to see that trend!

Monday, June 30, 2025 – End of Q2[8:00 AM] Neel: Arjun, congratulations on a very strong Q2 Key outcomes:

- * ApoB down 9%.
- * BP stabilized below 125/80.
- * Zone 2 progressed to 40 mins.
- * Strength training advanced safely with barbell lifts.
- * Travel-proofed routines (Tokyo, Jakarta, Bangkok).

Q3 will be about performance expansion + further ApoB reduction. You're well on your way to sustainable health independence.

[8:10 AM] Arjun: Thank you, Neel. Honestly feels like a lifestyle shift now, not just a plan.

MONTH 5: Performance Progression & Structured Intensity

WEEK 17

(Dates: July 1 – July 7, 2025)

Tuesday, July 1, 2025 – Kickoff of Q3[7:30 AM] Ruby (Concierge): Good morning, Arjun . Welcome to Q3! Here's your July overview:

1. Maintain Zone 2 (40 mins, 3x/week).
2. Add structured HIIT (1x/week, short intervals).
3. Continue barbell progressions — focus on form & incremental load.
4. Nutrition: Mediterranean + 2 plant-based dinners per week.
5. Stress reset: Digital cut-off at 9 PM, daily 10-min breathing.

I'll also confirm logistics for your Hong Kong business trip (July 9–12).

[7:40 AM] Arjun: Great, clear structure. Excited for Q3.

Wednesday, July 2, 2025 – First Structured HIIT[6:45 PM] Arjun: Completed my first structured HIIT — 6x30s sprints, 90s rest. Legs on fire!

[7:00 PM] Advik (Performance Scientist): Perfect start . HR peaked at 172 bpm, recovery between sets looked good. Keep it capped at 6 intervals for now. Over July, we'll build toward 8.

[7:10 PM] Arjun: Felt tough but doable. Sweated buckets.

Thursday, July 3, 2025 – Nutrition Query[12:15 PM] Arjun: At lunch, had mee goreng with colleagues. Felt heavy after. Is this messing with my ApoB progress?

[12:25 PM] Carla (Nutritionist): One indulgence won't derail things. But yes, fried noodles = high refined carbs + oils. Think of it as 20% flexibility. Just balance dinner tonight with high fiber: lentil soup + mixed greens. The weekly average matters more than the single meal.

[12:30 PM] Arjun: Makes sense. I'll keep balance in mind.

Friday, July 4, 2025 – Strength Progression[6:20 PM] Arjun: Squats at 75 kg today. Felt strong, no pain.

[6:35 PM] Rachel (PT): Excellent . Depth is good, core engagement solid. Next week add paused squats at 65 kg for stability. Think of them as "control builders."

Saturday, July 5, 2025 – Travel Prep[9:00 AM] Ruby: Prepping your Hong Kong Travel Protocol:

- * Hotel gym assessment: They have DBs up to 25 kg + cardio machines. Rachel will adapt workouts.

- * Meals: Suggested restaurants near your hotel → lean Cantonese options (steamed fish, congee, stir-fried greens).

- * Hydration: Weather is hot + humid, target 3L/day.

- * Sleep: Avoid late dim sum dinners with clients; meals past 9 PM hurt HRV.

I'll send the full PDF by Monday.

[9:10 AM] Arjun: Perfect. Clients already booked me for late banquets though — might be tough.

[9:20 AM] Ruby: We'll plan buffer strategies. Carla will advise on smart swaps for banquet menus.

Sunday, July 6, 2025 – Weekly Check-In[5:00 PM] Ruby: Weekly Elyx Report

- * Exercise: 5/6 sessions (including first HIIT).

- * Zone 2: All 3 sessions completed at 40 mins.

- * Strength: Squat now at 75 kg, form safe.

- * Nutrition: Mostly Mediterranean; 2 indulgent meals logged.

- * BP: Avg 122/77.

Next week → travel-proof the program, manage late meals during Hong Kong trip.

[5:10 PM] Arjun: Very clear. Thanks, team.

Monday, July 7, 2025 – Stress & Sleep[7:25 AM] Arjun: Bad night. Slept 5h 20m. HRV crashed to 36 ms.

Probably too much screen time.

[7:40 AM] Advik: Correct — blue light + late emails. Tonight → strict digital cut-off 9 PM. Add 10-min breathing drill before bed. Let's test if recovery rebounds.

[7:50 AM] Arjun: Deal.

WEEK 18

(Dates: July 8 – July 14, 2025)

Tuesday, July 8, 2025 – Pre-Trip Adjustments[8:00 AM] Carla: Before Hong Kong, prep with high-fiber + clean meals for the next 24h. Think of it as "loading clean fuel" before banquets.

[8:10 AM] Arjun: Done. Will stick to soups + fish today.

Wednesday, July 9, 2025 – Flight to Hong Kong[6:45 AM] Ruby: Safe travels, Arjun. ✈️ Same hydration protocol: 500ml water + electrolytes pre-flight, avoid alcohol in the air.

[6:55 AM] Arjun: Copy that. Already packed my psyllium too.

Thursday, July 10, 2025 – Client Banquet[10:30 PM] Arjun: Just finished banquet. Mostly roast meats + dim sum. Struggled to avoid fried dishes. BP this evening: 134/85.

[10:40 PM] Dr. Warren (Medical): That's fine, expected post high-salt meal. Hydrate before sleep, and take a light breakfast tomorrow (fruit + porridge). Trend matters, not one reading.

[10:45 PM] Arjun: Reassuring, thanks.

Friday, July 11, 2025 – Hotel Gym Training[7:20 AM] Arjun: Managed a 35-min treadmill Zone 2 in hotel gym. HR steady at 124 bpm. Felt good to move after banquet.

[7:35 AM] Advik: Excellent recovery strategy. Data shows HRV ticked back up to 44 ms. Movement offset the banquet stress.

Saturday, July 12, 2025 – Return to Singapore[8:30 AM] Ruby: Return flight today ✈️. Adjust back to Singapore time ASAP: dinner before 8 PM SG time, no screens after landing.

[8:40 AM] Arjun: Noted. Will reset quickly.

Sunday, July 13, 2025 – Weekly Review[5:00 PM] Ruby: Weekly Elyx Report

* Travel: Hong Kong trip — 2 banquets, 2 hotel gym workouts.

* Sleep: Disrupted during trip (avg 5h 40m).

* Nutrition: Banquets were heavy, but breakfasts/lunches balanced.

* BP: Slight spike during travel, back to 124/79 on return.

Next focus → strengthen sleep hygiene, sustain HIIT progression.

[5:15 PM] Neel (Concierge Lead): Arjun, the big win here is resilience. Despite travel and late banquets, you didn't lose momentum. That's the difference between a "program" and a "lifestyle."

[5:20 PM] Arjun: That's a good point. Feels more sustainable now.

Monday, July 14, 2025 – Reset Post-Travel[7:10 AM] Advik: Recovery 61% this morning — much better than during travel. Let's reintroduce HIIT this Thursday. Stick with 6 intervals, no jump yet.

[7:15 AM] Arjun: Got it. Back on track.

WEEK 19

(Dates: July 15 – July 21, 2025)

Tuesday, July 15, 2025 – Post-Hong Kong Reset[7:30 AM] Ruby (Concierge): Good morning, Arjun. Now that you're back from Hong Kong, this week's focus is:

1. Re-establish sleep rhythm (target: 7h+ nightly).

2. Resume structured HIIT (Thursday).

3. Increment barbell lifts safely.

4. Stress reset routine (daily 10-min breathing or journaling). I'll also confirm your August Manila trip dates later this week.

[7:40 AM] Arjun: Thanks Ruby. Feeling back in rhythm already.

Thursday, July 17, 2025 – HIIT Session[6:50 AM] Arjun: Completed HIIT this morning: 6x30s sprints, 90s rest. HR peaked at 176 bpm. Felt slightly easier than last week.

[7:05 AM] Advik (Performance Scientist): Great trend. Cardiovascular adaptation is kicking in. Next week we'll progress to 7 intervals. Important: keep sleep consistent so recovery supports this load.

[7:15 AM] Arjun: Got it. Will lock down sleep schedule.

Friday, July 18, 2025 – Strength Training Update[6:40 PM] Arjun: Deadlifts at 72.5 kg today. Core felt stable, no rounding.

[6:55 PM] Rachel (PT): Excellent progression. From here → we'll add hip thrusts once a week. Strong glutes = safer deadlifts + BP-friendly posture improvements. I'll share a video guide.

[7:00 PM] Arjun: Nice, something new to learn.

Saturday, July 19, 2025 – Stress Management Check-In[8:30 AM] Arjun: Tried the 10-min breathing drill last night. Slept deeper, woke up with 68% recovery. Could this small thing really make such a difference?

[8:40 AM] Advik: Yes — breathing lowers sympathetic drive before sleep. Even modest shifts can nudge HRV upward. Consistency will compound.

[8:45 AM] Neel (Concierge Lead): Think of it like compound interest, Arjun. Each small recovery habit strengthens the foundation for long-term performance.

Sunday, July 20, 2025 – Weekly Review[5:00 PM] Ruby: Weekly Elyx Report

* Exercise: 5/6 sessions, including 1 HIIT + 3 strength + 2 Zone 2.

* Strength: Deadlift up to 72.5 kg, squat steady at 75 kg.

* Recovery: Avg 63% (improved with breathing drills).

* Nutrition: High compliance; 1 late-night heavy meal logged.

* BP: Avg 122/78.

Focus next week → 7 HIIT intervals, introduce hip thrusts, sustain sleep hygiene.

[5:15 PM] Arjun: Thanks team, progress feels real now.

Monday, July 21, 2025 – Travel Planning[8:15 AM] Ruby: Confirmed — your Manila trip is August 6–10. I'll start preparing a Manila Travel Protocol (hotel gym, dining strategies, hydration). Expect it next week.

[8:20 AM] Arjun: Perfect, thanks.

WEEK 20

(Dates: July 22 – July 31, 2025)

Tuesday, July 22, 2025 – Nutrition Adjustment[12:00 PM] Arjun: Chef Javier made chickpea curry yesterday — delicious. Do beans/legumes count as plant-based dinners for my ApoB target?

[12:15 PM] Carla (Nutritionist): Absolutely ✓. Chickpeas provide soluble fiber + plant protein. We're aiming for 2 plant-based dinners per week. This was perfect. Ask Javier to rotate lentils, kidney beans, black beans for variety.

[12:20 PM] Arjun: Will do.

Thursday, July 24, 2025 – HIIT Progression[7:00 AM] Arjun: Did 7x30s sprints, 90s rest. Exhausting but manageable. HR peaked 179 bpm.

[7:15 AM] Advik: Fantastic . That's a big cardiovascular stressor. Make today's nutrition recovery-friendly → protein + carbs post-session, avoid heavy fats. Your nervous system will thank you.

[7:20 AM] Carla: I'll ask Javier to prepare salmon + quinoa salad for lunch today. That's ideal refuel.

[7:25 AM] Arjun: Perfect timing.

Friday, July 25, 2025 – Strength Progression[6:45 PM] Arjun: Squats at 77.5 kg today. Felt solid. Paused squats at 65 kg still tough.

[6:55 PM] Rachel (PT): That's expected. Paused squats are stability builders. Think of them as insurance for heavier lifts. Next week → maintain 65 kg paused, but let's nudge your regular squat to 80 kg if form remains crisp.

Saturday, July 26, 2025 – Weekend Reflection[9:00 AM] Arjun: Curious — since ApoB is trending down, how much lower should I realistically aim for?

[9:15 AM] Dr. Warren (Medical): Excellent question. For someone with your profile (mid-40s, high BP history), optimal ApoB is <80 mg/dL. You were 86 at last labs. With current trajectory (fiber + plant-based + Zone 2), I expect you'll break under 80 by September. That would significantly lower long-term cardiovascular risk.

[9:25 AM] Arjun: That's motivating. Thanks, Doctor.

Sunday, July 27, 2025 – Weekly Review[5:00 PM] Ruby: Weekly Elyx Report

* Exercise: 6/6 sessions ✓ (first week with 7 HIIT intervals).

* Strength: Squat 77.5 kg, deadlift 72.5 kg, hip thrusts introduced.

* Recovery: Avg 65%, breathing routine adherence 5/7 nights.

* Nutrition: 2 plant-based dinners (chickpea + lentil).

* BP: Avg 121/76.

Excellent consistency this week, Arjun.

[5:10 PM] Arjun: Thanks Ruby. Happy to see numbers stabilizing.

Tuesday, July 29, 2025 – Travel Anxiety[7:40 AM] Arjun: Manila trip coming up. Honestly, worried about late dinners and drinks with clients.

[7:50 AM] Carla: I'll prep a "smart swap" list for common Filipino dishes (grilled fish, vegetable adobo, mungo soup). Limit alcohol to 1–2 glasses max. Salt is the bigger concern than calories.

[7:55 AM] Ruby: I'll also map hotel gym + quick bodyweight sessions you can slot between meetings. Travel doesn't have to mean regression.

[8:00 AM] Neel (Concierge Lead): Arjun, you've proven you can adapt on the road (Tokyo, Jakarta, Hong Kong). Manila will just be another test of consistency. Think of it as resilience training.

[8:05 AM] Arjun: That reframing helps. Thanks, team.

Thursday, July 31, 2025 – End of July[8:30 AM] Ruby: End of month snapshot

* July was your strongest month yet:• HIIT progressed from 6 → 7 intervals. • Squat now at 77.5 kg, deadlift

steady. • Plant-based nutrition integrated smoothly. • Average BP 121/77 across July. • Recovery trendline upward. Next phase → August travel-proofing + sustaining momentum toward September labs.
[8:40 AM] Arjun: Feels like all the pieces are coming together. Onward to August.

MONTH 6: Adaptive Conditioning & Habit Resilience

WEEK 21

(Dates: August 1 – August 7, 2025)

Friday, August 1, 2025 – Month Kickoff [7:30 AM] Ruby (Concierge): Good morning, Arjun. August priorities are:

1. Manila trip support (Aug 6–10).
2. Sustain 7 HIIT intervals weekly (possible to adapt on road).
3. Progress squat to 80 kg if form remains crisp.
4. Maintain ≥ 2 plant-based dinners/week.
5. Reinforce nightly stress reset (breathing or journaling). This month is about resilience in variable environments.

[7:40 AM] Arjun: Love the clarity, Ruby. Manila will be tricky, but let's do this.

Saturday, August 2, 2025 – Weekend Nutrition Question [12:00 PM] Arjun: Reading about omega-3 supplements — would they help ApoB reduction?

[12:15 PM] Dr. Warren (Medical): Great question. Fish oil (EPA/DHA) can help lower triglycerides, but ApoB responds more strongly to dietary fiber + reduced saturated fat. Since your triglycerides are already normal, focus remains on fiber and Mediterranean diet. Supplements aren't priority yet.

[12:20 PM] Arjun: Got it. Will stick with the food-first approach.

Monday, August 4, 2025 – Strength Progression [6:40 PM] Arjun: Squats at 80 kg today. Felt heavy but controlled.

[6:50 PM] Rachel (PT): Excellent milestone. At this stage, consistency > chasing max loads. We'll hold 80 kg for 2 weeks to solidify form. Meanwhile, continue paused squats at 65 kg.

[6:55 PM] Arjun: Okay, feels good to hit that round number.

Tuesday, August 5, 2025 – Travel Preparation [9:00 AM] Ruby: Manila Travel Protocol ready ✓. Key points:

1. Hotel gym: Treadmills, DBs up to 25 kg, resistance bands. Rachel will provide a minimalist strength + Zone 2 template.
2. Dining strategy: Prioritize grilled bangus, vegetable adobo, mongo soup, chicken tinola. Avoid deep-fried street snacks + excess lechon.
3. Alcohol: Limit to 2 glasses max on client dinners.
4. Hydration: 3L/day in humid climate.
5. Recovery: Try 15-min walk post-dinners to blunt glucose spikes.

[9:10 AM] Carla (Nutritionist): I'll also prepare a "banquet smart swap list" so you don't have to think in the moment.

[9:15 AM] Arjun: Perfect, this feels manageable.

Wednesday, August 6, 2025 – Flight to Manila [6:20 AM] Ruby: Safe travels today ✈️. Same hydration protocol: 500ml electrolytes pre-flight, water only onboard, avoid alcohol.

[6:30 AM] Arjun: Copy that. Bags packed with psyllium too.

Thursday, August 7, 2025 – First Client Dinner [11:15 PM] Arjun: Banquet tonight — lots of roast pork and fried dishes. I stuck mostly to grilled fish + veggies. 2 glasses wine. BP back at hotel: 128/82.

[11:30 PM] Dr. Warren: That's within acceptable range. Smart swaps helped. Hydrate well tonight, and keep breakfast light tomorrow. Good resilience.

[11:35 PM] Arjun: Thanks, feels like I navigated better than Tokyo/HK trips.

WEEK 22

(Dates: August 8 – August 14, 2025)

Friday, August 8, 2025 – Hotel Gym Session[7:00 AM] Arjun: Managed 40 min treadmill Zone 2. HR avg 126 bpm. Felt energizing after late night.

[7:15 AM] Advik (Performance Scientist): Excellent counterbalance. Zone 2 after banquet dinners is powerful for recovery + metabolic reset. Data shows HRV rebounded to 46 ms this morning.

Saturday, August 9, 2025 – Cultural Meal Question[12:30 PM] Arjun: Had chicken adobo at lunch. Tasty but salty. How bad is that?

[12:40 PM] Carla: Adobo is fine occasionally, but sodium is the challenge. Balance it by loading up on veggies tonight + psyllium at dinner. One salty meal isn't an issue if the overall week stays balanced.

[12:45 PM] Arjun: Okay, I'll ask hotel chef to prep a veggie soup tonight.

Sunday, August 10, 2025 – Return to Singapore[9:00 AM] Ruby: Safe flight back today, Arjun. Remember → dinner at home before 8 PM SG time to re-anchor circadian rhythm.

[9:10 AM] Arjun: Will do. Excited to reset at home.

Monday, August 11, 2025 – Post-Trip Debrief[7:30 AM] Ruby: Quick recap from Manila :

- * 3 banquets → 2 navigated with smart swaps, 1 heavier meal (noted).

- * 2 hotel gym sessions completed.

- * BP spiked only mildly, back to 122/78 this morning.

- * Alcohol intake within limits.

Great resilience overall.

[7:40 AM] Arjun: Honestly feel less guilty compared to past trips. That balance helped.

[7:45 AM] Neel (Concierge Lead): That's exactly the point, Arjun. We want travel to add experiences, not setbacks. You're learning to bend, not break.

Tuesday, August 12, 2025 – Strength Training Reset[6:40 PM] Arjun: Back in Singapore gym — squats at 80 kg again. Felt solid despite travel gap.

[6:50 PM] Rachel: That's a great sign . Shows your base strength is holding steady. Next week, let's add accessory work: single-leg step-ups + hip thrusts. This will keep structural balance.

Wednesday, August 13, 2025 – Recovery Focus[6:50 AM] Arjun: Recovery only 42% today. Maybe from back-to-back work dinners.

[7:00 AM] Advik: Makes sense. Skip HIIT today, swap for a 30-min evening walk. Protect nervous system first. Tomorrow → resume normal programming.

[7:05 AM] Arjun: Okay, will adjust.

Thursday, August 14, 2025 – Weekly Wrap[5:00 PM] Ruby: Weekly Elyx Report

- * Travel: Manila trip navigated well.

- * Exercise: 4 structured sessions, 2 adapted hotel workouts.

- * Nutrition: Smart swaps at 2/3 banquets, 2 plant-based meals achieved.

- * BP: Avg 123/78.

- * Recovery: Slight dips during client dinners, but rebounded quickly.

Overall → resilient execution.

[5:10 PM] Arjun: Thanks Ruby, feeling stronger in how I handle travel now.

Here's the extended WhatsApp-style communication log for Weeks 23–24 (August 15 – August 31, 2025), covering Arjun's consolidation phase at home, deeper focus on sleep hygiene, fine-tuned nutrition, and steady HIIT + strength progression as he prepares for his September diagnostics.

WEEK 23

(Dates: August 15 – August 21, 2025)

Friday, August 15, 2025 – Home Reset After Manila[7:15 AM] Ruby (Concierge): Welcome back into home rhythm, Arjun . Focus for this week:

1. Prioritize consistent sleep (7.5h+ per night).

2. Resume HIIT progression (aim: 7 intervals this week, 8 next).

3. Consolidate squat at 80 kg, introduce accessory work.
 4. Hit ≥ 2 plant-based dinners.
 5. Psyllium + hydration routine daily.
- [7:25 AM] Arjun: Thanks Ruby. Really want to dial in sleep this cycle.

Saturday, August 16, 2025 – Sleep Discussion[10:30 AM] Arjun: Slept 6h 15m last night despite being in bed by 10. Any tricks to stay asleep?

[10:40 AM] Advik (Performance Scientist): This is common after travel. Try:

- * 5 min box breathing before bed (4-4-4-4 cycle).

- * Bedroom at 20–21°C.

- * Magnesium glycinate with dinner. If you wake at night → avoid phone, just slow breathe until drift back.

[10:50 AM] Arjun: I'll test these tonight.

Monday, August 18, 2025 – Training Update[6:45 PM] Arjun: Squats at 80 kg, paused squats still at 65. Added hip thrusts 2x12 at 50 kg. Legs felt strong.

[7:00 PM] Rachel (PT): Excellent execution . Hip thrusts will accelerate posterior chain strength. Next week → increase hip thrusts to 60 kg if form remains clean.

Tuesday, August 19, 2025 – Nutrition Query[12:20 PM] Arjun: Reading about intermittent fasting. Would it help lower ApoB further?

[12:30 PM] Carla (Nutritionist): Fasting helps some people control weight and glucose, but for ApoB your current Mediterranean + fiber plan is stronger. Skipping meals may risk under-fueling strength + HIIT. Instead, focus on meal timing: keep dinners lighter, avoid eating past 9 PM. This supports both ApoB and sleep quality.

[12:40 PM] Arjun: Got it, no drastic changes then.

Thursday, August 21, 2025 – HIIT Session[7:05 AM] Arjun: Completed 7x30s sprints, 90s rest. HR peaked 178 bpm. Felt smoother than before.

[7:15 AM] Advik: Beautiful adaptation. Nervous system handled load well — HRV this morning was 52 ms, your best since May. That tells us you're ready for 8 intervals next week.

Thursday, August 21, 2025 – Weekly Wrap-Up[5:00 PM] Ruby: Weekly Elyx Report

- * Exercise: 5/6 sessions (3 strength, 2 Zone 2, 1 HIIT).

- * Strength: Squat consolidated at 80 kg; hip thrusts introduced.

- * Sleep: Avg 6h 55m — trending up, but still below target.

- * Nutrition: 2 plant-based dinners completed.

- * BP: Avg 122/78.

Next focus → test 8 HIIT intervals, aim for ≥ 7 h sleep average.

[5:10 PM] Arjun: On it. Feeling stronger and steadier.

WEEK 24

(Dates: August 22 – August 31, 2025)

Friday, August 22, 2025 – Sleep Coaching[9:00 AM] Ruby: Checking in on sleep — any improvements with magnesium + box breathing?

[9:10 AM] Arjun: Yes! Past 3 nights avg 7h 20m. HRV mornings 50–53 ms. Definitely deeper sleep.

[9:20 AM] Advik: That's a breakthrough. Deep sleep pushes parasympathetic balance, which lowers long-term cardiovascular risk. Keep ritualized.

Sunday, August 24, 2025 – Weekend Reflection[4:00 PM] Arjun: Just curious — why does sleep matter so much for ApoB if diet/exercise are the main levers?

[4:10 PM] Dr. Warren (Medical): Excellent question. Poor sleep → increases cortisol → worsens lipid metabolism + endothelial stress. Chronic short sleep can blunt benefits of diet/exercise on ApoB. That's why Elyx insists on making sleep a non-negotiable pillar.

[4:20 PM] Arjun: Makes sense. I'll stop treating sleep as optional.

Monday, August 25, 2025 – Strength Progression[6:35 PM] Arjun: Deadlifts at 75 kg, hip thrusts up to 60 kg.

Felt good. Squats still 80 kg.

[6:50 PM] Rachel (PT): Excellent. Let's maintain squats steady, deadlifts can progress +2.5 kg weekly. Goal = safe structural progression, not chasing max loads.

Wednesday, August 27, 2025 – HIIT Breakthrough[6:45 AM] Arjun: Just did 8x30s sprints, 90s rest. Felt tough but doable. HR peaked 182 bpm.

[7:00 AM] Advik: Phenomenal milestone . That's true VO₂ expansion territory. Very few can sustain this consistently. Monitor recovery tonight — it will be a nervous system stressor.

[7:05 AM] Arjun: Feeling accomplished (and sweaty).

Thursday, August 28, 2025 – Nutrition Coaching[12:30 PM] Carla: Reviewing your logs — sodium intake crept up earlier this week (restaurant meals). Let's recalibrate with low-salt dinners Thurs–Sat. Suggested: grilled salmon + quinoa, lentil soup, veggie stir-fry. This will normalize BP before month-end.

[12:40 PM] Arjun: Noted. Will ask Javier to adjust menus.

Saturday, August 30, 2025 – Stress & Lifestyle Reflection[8:45 AM] Arjun: Curious — I've noticed when work stress spikes, my BP goes up even if diet/exercise are perfect. Any tricks for in-the-moment stress?

[9:00 AM] Neel (Concierge Lead): Exactly. Stress physiology often outweighs diet/exercise acutely. Try micro-breaks:

- * 5 min walk between calls.

- * Box breathing before difficult meetings.

- * Reframing stressful situations (zoom out to long-term goals).

This is performance psychology as much as physiology.

[9:10 AM] Arjun: Will start using these micro-breaks.

Sunday, August 31, 2025 – End of Month Review[5:00 PM] Ruby: End of August Elyx Summary

- * Exercise: 21 structured sessions completed (12 strength, 7 Zone 2, 2 HIIT).

- * Strength: Squat consolidated at 80 kg, deadlift 75 kg, hip thrust 60 kg.

- * HIIT: Progressed to 8 intervals, milestone achieved.

- * Sleep: Avg 7h 10m, improved consistency.

- * Nutrition: 8 plant-based dinners, psyllium daily, salt intake mostly controlled.

- * BP: Monthly avg 122/77.

- * Mindset: Resilience tools (breathing, micro-breaks) now integrated.

Next → early September diagnostic panel to quantify ApoB progress.

[5:10 PM] Arjun: Thanks team . Feeling prepared and more balanced than ever. Bring on the labs.

MONTH 7: Major Milestone: ApoB Achieved Below 80

WEEK 25

(Dates: September 1 – September 7, 2025)

Monday, September 1, 2025 – Diagnostic Panel Day[7:15 AM] Ruby (Concierge): Good morning, Arjun .

Today's your quarterly diagnostic panel. Reminder: 12h fasting (only water, black coffee allowed). Lab slot is confirmed at 8:30 AM at Raffles Medical, Orchard.

[7:20 AM] Arjun: Thanks Ruby, already fasting. Looking forward to seeing progress.

Tuesday, September 2, 2025 – Post-Lab Logistics[9:30 AM] Ruby: Labs collected successfully ✓. Results expected by Thursday. Dr. Warren will review and we'll schedule a full team debrief for Friday evening.

[9:35 AM] Arjun: Perfect. Let's hope ApoB keeps dropping.

Thursday, September 4, 2025 – Lab Results Arrive[2:10 PM] Ruby: Results are in . Highlights:

- * ApoB: 79 mg/dL (down from 86 in June).

- * LDL-C: dropped another 10%.

- * hs-CRP: 1.6 (improved from 2.1).

- * HbA1c: 5.3 (stable, normal).

- * BP (24h monitor): 121/76.

We'll review in detail tomorrow.

[2:20 PM] Arjun: YES ! Under 80 — that was the goal.

Friday, September 5, 2025 – Lab Review Call[7:00 PM] Dr. Warren (Medical Strategist): Arjun, congratulations. ApoB under 80 is a major milestone — you've reached optimal cardiovascular risk territory. Your lipid particle count is now aligned with longevity protocols.

[7:10 PM] Arjun: That's a relief. Feels like the hard work is paying off.

[7:15 PM] Carla (Nutritionist): Nutrition is clearly working — psyllium + Mediterranean + 2 plant-based nights are delivering. Next, I want to add flaxseed or chia seeds daily for additional soluble fiber + omega-3. Easy to blend into breakfast smoothies.

[7:25 PM] Rachel (PT): From the musculoskeletal side — your barbell foundations are strong. This month, we'll shift focus slightly toward unilateral balance work (lunges, step-ups) to bulletproof joints. This prevents asymmetry as loads rise.

[7:35 PM] Advik (Performance Scientist): Sleep gains are translating directly to recovery scores. HRV has held in the 50s — excellent adaptation. Since you're tolerating 8 HIIT intervals, next step is exploring mixed-intensity sessions (4 intervals short, 2 intervals longer at 1 min each). Variety builds VO₂ more efficiently.

[7:45 PM] Neel (Concierge Lead): Arjun, Q2 was stabilization. Q3 so far has been optimization. Now we're entering Q3.5 — performance stretch phase: sustaining ApoB <80 while enhancing your athletic engine. The labs confirm we're on the right track.

[7:55 PM] Arjun: Clear and motivating. Let's keep building.

Sunday, September 7, 2025 – Weekly Review[5:00 PM] Ruby: Weekly Elyx Report

* Labs: ApoB hit 79 mg/dL (target achieved).

* Exercise: 5/6 sessions, HIIT capped at 8 intervals.

* Strength: Squat stable at 80 kg, hip thrust 60 kg.

* Sleep: Avg 7h 20m.

* BP: Avg 121/77.

Next week → begin performance stretch phase (new HIIT protocol + unilateral work).

[5:10 PM] Arjun: Couldn't have asked for a better week. Thanks, team.

WEEK 26

(Dates: September 8 – September 14, 2025)

Monday, September 8, 2025 – Sleep Discussion[7:00 AM] Arjun: Woke up sluggish, even after 7h sleep. Recovery at 48%. Why?

[7:15 AM] Advik: Reviewing data — late dinner at 9:45 PM caused elevated overnight HR (avg 64 vs 58). Digestion pushed back deep sleep. Tonight, eat by 8 PM latest. We'll compare HR overnight.

[7:25 AM] Arjun: Makes sense. Lesson learned.

Tuesday, September 9, 2025 – Training Update[6:30 PM] Arjun: Did lunges + step-ups as Rachel suggested. Balance tougher than expected. Legs felt wobbly.

[6:40 PM] Rachel (PT): That's exactly why we're adding them. Barbell strength builds load tolerance, but unilateral work builds control and stability. Expect soreness tomorrow.

[6:45 PM] Arjun: Already feeling it .

Wednesday, September 10, 2025 – Nutrition Refinement[12:20 PM] Arjun: Added chia seeds to breakfast smoothie. Any limit I should watch for?

[12:30 PM] Carla (Nutritionist): 2 tbsp/day is perfect. That's ~10g fiber + omega-3 boost. More than 3 tbsp can cause GI issues. Rotate chia, flax, hemp seeds to keep nutrients varied.

[12:35 PM] Arjun: Got it. Will keep it at 2 tbsp.

Thursday, September 11, 2025 – New HIIT Variation[7:10 AM] Arjun: Tried the mixed HIIT session: 4x30s sprints + 2x1min pushes. Completely gassed at the end.

[7:25 AM] Advik: That's exactly the adaptation we want. Short + long intervals expand both anaerobic power and aerobic base. Watch recovery — hydrate well + carb-protein refuel within 60 min.

[7:30 AM] Arjun: Will have salmon + quinoa post-workout.

Friday, September 12, 2025 – Stress Reflection[3:00 PM] Arjun: Work deadlines piling up. Noticing BP creeping to 130/84 in afternoons.

[3:15 PM] Neel (Concierge Lead): That's acute stress load. Insert micro resets: 5 min walk outside after lunch, or 10 box breaths before intense calls. These reduce sympathetic drive. Long-term, BP averages are what matter — and yours are strong.

[3:20 PM] Arjun: Will integrate those mini-breaks.

Sunday, September 14, 2025 – Weekly Wrap[5:00 PM] Ruby: Weekly Elyx Report

* Exercise: 6/6 sessions ✓ (including new HIIT format).

* Strength: Squat steady at 80 kg, deadlift 77.5 kg, unilateral training added.

* Nutrition: Chia/flax now daily, 2 plant-based dinners achieved.

* Sleep: Avg 7h 15m (late dinners reduced).

* BP: Avg 123/78, slight stress spikes noted.

Big picture: ApoB target achieved and maintained, performance progression on track, stress tools being applied.

[5:10 PM] Arjun: Thank you, team. Honestly feels like I've broken through to a new level of consistency.

WEEK 27

(Dates: September 15 – September 21, 2025)

Monday, September 15, 2025 – Morning Check-In[7:20 AM] Ruby (Concierge): Good morning, Arjun . This week's anchor points:

1. Consolidate new mixed HIIT (4x30s + 2x1min).
2. Deadlift progression toward 80 kg.
3. At least 2 plant-based dinners.
4. Daily stress resets (box breathing, micro-walks).
5. Prioritize pre-8:30 PM dinners for sleep quality.

[7:30 AM] Arjun: Thanks Ruby. Let's aim to hit all 5 this week.

Tuesday, September 16, 2025 – Stress Spike[3:15 PM] Arjun: Workload intense today, BP at 132/84. I squeezed in a walk but still felt heavy pressure.

[3:25 PM] Neel (Concierge Lead): That's acute reactivity. Try 2x5 min resets: one mid-afternoon, one pre-dinner. Add gratitude journaling tonight — mental decompression helps blunt cortisol spikes. Long-term, the goal is a calmer baseline despite stress.

[3:30 PM] Arjun: Will try journaling tonight. Haven't done that in years.

Wednesday, September 17, 2025 – Strength Training[6:50 PM] Arjun: Deadlifts at 80 kg today . Felt heavy but solid. Grip endurance is limiting factor.

[7:05 PM] Rachel (PT): Excellent progression . To support grip, we'll add farmer's carries next week. These build grip + core simultaneously.

[7:15 PM] Arjun: Sounds brutal but effective.

Thursday, September 18, 2025 – HIIT Session[6:30 AM] Arjun: Did the mixed HIIT: 4x30s + 2x1min. HR peaked 184 bpm. Recovery tough — sweating buckets.

[6:45 AM] Advik (Performance Scientist): Perfectly executed. Today, prioritize nutrient timing: protein + carbs within 30 min, hydration with electrolytes. Nervous system load is high, so recovery rituals matter.

[6:55 AM] Carla (Nutritionist): I'll message Javier to prep a post-workout shake (banana + whey + flaxseed). Quick absorption, plus omega-3 benefit.

[7:00 AM] Arjun: Great, much appreciated.

Friday, September 19, 2025 – Nutrition Curiosity[12:10 PM] Arjun: Read an article about fermented foods improving gut health and inflammation. Worth adding?

[12:20 PM] Carla: Absolutely. Fermented foods (kimchi, sauerkraut, miso) improve microbiome balance, reduce systemic inflammation (which ties into CRP). Let's add 3 servings/week. Easy starter: kimchi side at lunch.

[12:30 PM] Arjun: Done. I like kimchi anyway.

Sunday, September 21, 2025 – Weekly Wrap[5:00 PM] Ruby: Weekly Elyx Report

- * Exercise: 5/6 sessions. Deadlift milestone: 80 kg.
- * HIIT: 2 mixed sessions (both completed).
- * Strength: Added unilateral work, progressing well.
- * Nutrition: 2 plant-based dinners, fermented food started.
- * BP: Avg 124/78 (mild spikes with stress).
- * Sleep: Avg 7h 05m.

Focus for next week → grip strength, more consistent stress resets, integrate fermented foods smoothly.

[5:10 PM] Arjun: Solid week overall. Journaling actually helped calm my evenings.

WEEK 28

(Dates: September 22 – September 30, 2025)

Monday, September 22, 2025 – Reset Goals[7:25 AM] Ruby: New week focus :

1. Farmer's carries for grip + stability.
2. Repeat mixed HIIT, then attempt 3×1min intervals by Sunday.
3. Maintain pre-8:30 PM dinner cutoff.
4. 3 fermented food servings.
5. Consistent micro-stress breaks at work.

[7:35 AM] Arjun: Copy that. I'll push toward those 1-min intervals this week.

Tuesday, September 23, 2025 – Farmer's Carries Day [6:50 PM] Arjun: Tried farmer's carries with 24 kg dumbbells. Only lasted 20m walks x 3 sets. Grip was screaming.

[7:00 PM] Rachel (PT): Exactly the point. These will bulletproof grip + shoulders. Keep it at 3 sets, progress to longer carries over weeks.

[7:05 PM] Arjun: Definitely humbling.

Wednesday, September 24, 2025 – Nutrition Note[1:00 PM] Carla: Reviewing logs — salt slightly high last 2 days (sushi + hotpot). Balance with low-salt dinners for rest of week. Suggest miso soup + grilled tofu, light on soy sauce.

[1:10 PM] Arjun: Got it. Will ask Javier to prepare that tonight.

Thursday, September 25, 2025 – HIIT Progression[6:40 AM] Arjun: Tried 3×1min intervals after 4×30s sprints. HR hit 186 bpm. Felt on edge of max.

[6:55 AM] Advik: That's excellent threshold work. We'll cap it there — no need to push beyond. This level builds VO₂ + lactate tolerance. Critical for long-term performance.

[7:00 AM] Arjun: Felt like a breakthrough session.

Friday, September 26, 2025 – Work Stress Reflection[4:20 PM] Arjun: Long strategy meeting, BP 134/85 afterwards. Did box breathing, brought it down to 126/80 in 15 min. Feels like the tools are finally working.

[4:35 PM] Neel (Concierge Lead): Exactly. That's progress — not avoiding stress, but recovering faster from it. Over time, this resilience matters as much as diet and exercise.

[4:40 PM] Arjun: I see that now.

Saturday, September 27, 2025 – Weekend Check-In[9:30 AM] Arjun: Tried kimchi daily this week. Gut feels lighter, less bloated. Placebo?

[9:40 AM] Carla: Not placebo. Fermented foods improve gut motility and microbiome diversity. Over months, this reduces systemic inflammation (hs-CRP). Keep it consistent.

[9:50 AM] Arjun: Great, will make it a staple.

Sunday, September 28, 2025 – Deep Recovery Day[10:15 AM] Arjun: Slept 8h 10m last night. HRV 55 ms, my best ever.

[10:25 AM] Advik: Beautiful adaptation. Shows your nervous system is stabilizing under higher training loads. This is where true longevity gains happen.

Tuesday, September 30, 2025 – End of Q3 Summary[7:30 AM] Ruby: End of Quarter Report

* ApoB: Achieved <80 (currently 79).

- * Strength: Deadlift 80 kg, squat stable at 80 kg, unilateral work added.
- * HIIT: Progressed to 3x1min intervals + 4x30s sprints.
- * Nutrition: Psyllium daily, plant-based dinners consistent, fermented foods integrated.
- * Sleep: Avg 7h 15m (best trend since program start).
- * BP: Controlled, avg 123/78 with fewer stress spikes.
- * Mindset: Journaling + micro-breaks showing real-time impact.

Next phase → Q4 will emphasize longevity layering: refining recovery, optimizing body composition, and preparing for year-end diagnostics.

[7:40 AM] Arjun: Thank you team . Honestly feel fitter, calmer, and more resilient than I've been in years.

MONTH 8: Longevity Layering & Sustainable Systems

WEEK 29

(Dates: October 1 – October 7, 2025)

Wednesday, October 1, 2025 – Q4 Kickoff [7:20 AM] Ruby (Concierge): Happy October, Arjun . New quarter priorities:

1. Refine body composition — target slight fat reduction while preserving strength.
2. Expand recovery toolkit (contrast showers, guided breathwork nights).
3. Progress strength: deadlift → 82.5 kg, squat hold at 80 kg.
4. HIIT: stabilize mixed sessions (3x1min + 4x30s).
5. Mindset: continue journaling + integrate “Sunday reset ritual.”

[7:30 AM] Arjun: Great reset. “Sunday reset ritual” sounds interesting — what’s that?

[7:40 AM] Neel (Concierge Lead): A weekly ritual to close your week with intention: short journaling, reviewing metrics, planning meals/workouts for next 7 days. This shifts you into proactive mode, reducing weekly friction.

[7:45 AM] Arjun: Love that idea. Let’s try it this Sunday.

Thursday, October 2, 2025 – Nutrition Refinement [12:15 PM] Arjun: What’s the best way to lower body fat without messing up strength?

[12:25 PM] Carla (Nutritionist): We’ll use a slight calorie deficit (~200 kcal/day), focused on trimming evening carbs. No drastic cuts. Protein stays ≥1.6g/kg to protect muscle. Add 1 extra serving of greens at dinner. Target = slow fat reduction without strength loss.

[12:35 PM] Arjun: Understood. No crash diets — slow burn.

Friday, October 3, 2025 – Strength Training [6:40 PM] Arjun: Deadlifted 82.5 kg today. Felt heavy, but grip improving. Farmer’s carries at 24 kg also smoother.

[6:55 PM] Rachel (PT): Brilliant . You’re building both load tolerance and stability. Next → add tempo squats (lowering phase 3 seconds). Builds control + muscle endurance.

[7:05 PM] Arjun: That sounds challenging — but up for it.

Saturday, October 4, 2025 – Recovery Routine [9:00 AM] Arjun: Tried a contrast shower after workout (hot/cold cycles). Felt alert but relaxed. Is that good for recovery?

[9:10 AM] Advik (Performance Scientist): Perfect response. Contrast showers improve circulation, lower inflammation, and can boost HRV. Great tool post-intense sessions. Use max 2–3x/week.

[9:20 AM] Arjun: Adding it to routine then.

Sunday, October 5, 2025 – First “Reset Ritual” [6:00 PM] Arjun: Just finished my first Sunday reset. Reviewed Whoop data, set training/dinners for week, journaled intentions. Honestly feels grounding.

[6:15 PM] Neel: That’s the exact purpose. Consistency here compounds — it reduces cognitive load during hectic weeks. A small habit, big ripple effect.

Tuesday, October 7, 2025 – Weekly Wrap [5:00 PM] Ruby: Weekly Elyx Report

- * Strength: Deadlift 82.5 kg milestone, grip stronger.
- * HIIT: 2 mixed sessions complete.
- * Recovery: Contrast showers introduced, HRV avg 53 ms.
- * Nutrition: Evening carbs reduced, protein intact, 2 plant-based meals.
- * Sleep: Avg 7h 20m.