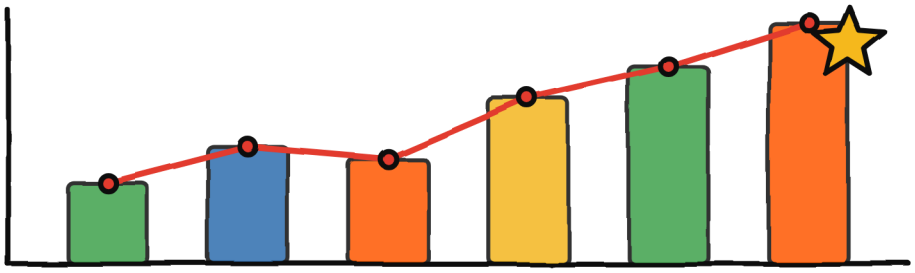
MAXADEMY.COM

A MAXADEMY MINI-GUIDE

Tracking Progress

Small wins, tracked, add up. Here's how to measure progress after 50 in a way that motivates instead of overwhelms.



SMALL WINS, TRACKED, ADD UP

What's Inside

01 Why Track at All

02 Choose What to Track

03 Numbers and Feelings

04 Reading the Trend

05 Avoiding Common Traps

06 Worksheet: Your Tracker

07 Key Takeaways

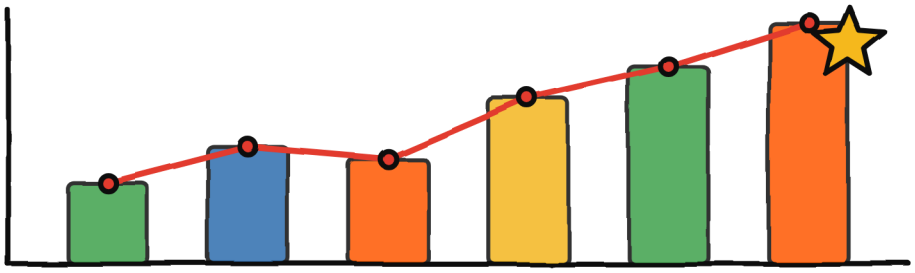
08 Join Dr Max Live

CHAPTER 1 · THE POINT OF IT

Why Track at All

What gets measured tends to improve. Tracking turns vague effort into visible progress, helps you see what is actually working, and keeps you motivated on the days you can't feel the change yet.

Done well, tracking is light, quick, and encouraging. Done badly, it becomes a chore that you quit. This guide keeps it firmly on the helpful side.



SMALL WINS, TRACKED, ADD UP

Small wins, tracked, add up.

CHAPTER 2 · KEEP IT LIGHT

Choose What to Track

The temptation is to track everything. Resist it. A couple of simple measures you'll actually keep up with beat a dozen you abandon after a week.

- Pick just two or three things to follow.
- Choose measures tied to a goal that matters to you.
- Make each check quick — under a minute is ideal.

> **TRY THIS**
>
> Choose one number (like walking minutes) and one feeling (like daily energy). Two simple measures are plenty to start.

CHAPTER 3 · THE FULL PICTURE

Numbers and Feelings

Numbers are useful but they don't capture everything. Pairing a hard number with a simple feeling gives you a fuller, more honest picture of your progress.

- A number: steps, walking minutes, weight, or a health reading.
- A feeling: energy, mood, sleep quality, or confidence, rated 1–10.
- Together they show not just what changed, but how it felt.

Reading the Trend

The single most important skill in tracking is looking at the *trend*, not the daily dot. Any one day can be high or low for reasons that have nothing to do with your effort.

- Review weekly, not obsessively day to day.
- Ask: over the last few weeks, is this heading the right way?
- Celebrate progress in the right direction, even if it's small.
- Adjust one thing at a time based on what you see.

> **TRY THIS**
>
> Once a week, glance at your trend and ask a single question: "Right direction?" If yes, keep going. If no, change one thing.

CHAPTER 5 · STAY ENCOURAGED

Avoiding Common Traps

A few traps can turn a helpful habit into a discouraging one. Knowing them in advance keeps tracking on your side.

- Don't judge yourself on a single bad day — trends matter, not dots.
- Don't track so much that you quit — keep it light.
- Don't chase daily perfection — aim for the right direction over time.
- Re-take your key health numbers with your doctor on schedule.

Use the tracker on the next page to follow one or two measures and read the trend.

Worksheet: Your Simple Tracker

Pick one or two measures. Record them regularly and review the trend weekly.

Date	Measure A: _____	Measure B: _____	How I felt / notes

After a few weeks, the trend is telling me:

One thing I'll adjust:

Key Takeaways

1. What gets measured tends to improve — tracking makes progress visible.
2. Keep it light: just two or three measures you'll actually maintain.
3. Pair a number with a feeling for the full picture.
4. Read the trend, not the daily dot — any single day can mislead.
5. Review weekly and adjust one thing at a time.
6. Re-check your key health numbers with your doctor on schedule.

Want help putting this into action?

Join Dr Max for a live Healthy After 50 session to set up a simple tracking system that keeps you motivated and on course.

Join Dr Max Live →

Important: This guide is provided by Maxademy for general health education only. It is not medical advice, diagnosis, or treatment, and it is not a substitute for care from a qualified healthcare professional. Always talk with your doctor before changing your diet, activity, supplements, or medication — especially if you have a medical condition or take prescription drugs. Individual results vary, and no specific health outcome is promised or guaranteed. If you have chest pain, trouble breathing, or other urgent symptoms, seek emergency care immediately. © 2026 Maxademy. Resale or redistribution prohibited.