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Add a goal

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Create a short, medium, or long-term goal and choose how you'll track it.

Create a goal

1. Tap **Goals**.
2. Tap the **+** button at the top (VoiceOver: **Add goal**).
3. Under **What are you working toward?**, type a **Goal title** and pick **Short**, **Medium**, or **Long**. Tap **Next**.

   Under **How will you track it?**, pick one:

   - **One-Time**: finish it once.
   - **Repeatable**: hit a frequency each week.
   - **Target**: move a number, like a time or a weight.

5. Tap **Next** and fill in details. Most fields are optional; a **Target** goal needs its numbers.
6. Tap **Save**.

Browse your goals

On **Goals**, tap **Short**, **Medium**, or **Long**, then **Active**, **Done**, or **Archived**.

If your coach suggests a goal, it shows under **Coach suggestions**. Tap **Accept** or **Dismiss**.

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