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Your Home screen

Revision 2026-10-10

What Home shows: streak, today's journal, weekly plan, goals, and recent entries.

After you sign in, you land on **Home**. It greets you by name.

What you'll see

- A short quote and who said it, under your name. A new one shows each week; your coach sees the same quote.
- **Streak**: how many days in a row you've journaled.
- **Today**: whether today's journal is **Open**, a **Draft**, or **Done**. Tap it to go to today's entry.
- **New coach comments**: when your coach comments, you'll see something like "1 new coach comment." Tap it to open **Inbox**.
- **This Week's Plan**: if you haven't finished the plan, Home says **Set your weekly plan first**. Tap **Start weekly plan** (or **Continue weekly plan**).

  This Week's Goals: once the plan is done, Home lists those goals. Mark progress from here:

  - **One-time:** tap the circle. It says **Completed** when done.
  - **Repeatable:** tap the circle for the week, or tap **+1**. Dots show progress toward your weekly target.
  - **Target:** tap **Update** to open **Goals** and enter a new number.

- **Recent Entries**: tap one to read it, or tap **View All** to see more.

Bottom tabs

Use the tabs along the bottom: **Home**, **My Journal**, **Goals**, **Notes**, and **More**.

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