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Join a team or go solo

Revision 2026-10-11

Get set steps 1 to 3: Welcome, Solo or Part of a team, then Subscribe or a team license.

The first time you sign in, the app walks you through **Get set** in 5 steps: Welcome, Solo or team, Subscribe, Season, then Goals. This page covers the first three.

Welcome

1. On **Get set** (step 1 of 5), read the welcome. It says next you'll choose solo or team, set up access, start a season, and add goals of each type.
2. Tap **Continue**.

Choose how you'll use the app

On step 2 of 5, pick one:

- **Solo**: journal on your own. You can join a team later.
- **Part of a team**: join with a coach invite code or find your program.

If you chose Part of a team

1. Under **Have an invite code?**, type the code in **Invite code** and tap **Join with invite code**.
2. Or under **Or search by team name**, type the name in **Search team name**, tap **Search**, then tap **Join** next to your team. Some teams need your coach to approve you first. If a team says **Code needed**, ask your coach for the invite code.
3. You can also tap **Continue without a team**.

Subscribe (step 3 of 5)

If your team has a license, you're all set and can move on. If you're waiting on your coach, the app says **Waiting for coach approval**. You can wait, tap **Check status**, or subscribe yourself.

To subscribe yourself, tap **Monthly**, **Annual**, or **Lifetime** and follow the Apple prompts. Already paid on this Apple account? Tap **Restore purchases**.

Later

You can join or leave a team anytime under **More**, then **Teams**. See Switch or leave a team.

Next in **Get set**: Add your season.

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