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Manage seasons

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End your active season, start a new one, or review past seasons under Seasons.

After setup, manage seasons anytime under **More**, then **Seasons**. You have one active season at a time for this year's goals.

End the active season

1. Tap **More**, then **Seasons**.
2. Under **Active**, find your current season.
3. Tap **End season**.
4. Follow any prompts to reflect on the season before it moves to **History**.

Start a new season

When you don't have an active season (or after you end one):

1. Tap **Start a season** or **New season**.
2. Enter a **Season name** and pick a **Style**.
3. Confirm to make it active.

Past seasons stay under **History** (for example with an "ended" note). Starting a season during first-time setup is covered in Add your season.

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