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Look at past entries

Revision 2026-10-10

Open finished journal entries and weekly plans from My Journal.

Open an entry

1. Tap **My Journal**.
2. Scroll to **Recent Entries**. Finished daily entries show **Done**, weekly plans show **Plan**, and anything you saved but didn't submit shows **Draft**.
3. Tap an entry to open it. You'll see your answers and any coach comments.
4. Tap **Close** when you're done.

You can also open recent entries from **Home** under **Recent Entries**, or tap **View All** to jump to **My Journal**.

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