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Turn on notifications

Revision 2026-10-11

Allow Wrestling Journal notifications in iOS, and open coach comments from Inbox.

If iOS asks whether Wrestling Journal can send notifications, you can allow them so alerts can show on your lock screen or as banners. You can also change this later in the iPhone **Settings** app under **Notifications**, then **The Wrestling Journal**.

Coach comments

When a coach leaves a comment, a notification may say:

- **New comment on your goal**
- **New comment on your journal**

The banner title is **New comment on your journal**. The body can include a short note from your coach.

Tapping one of those opens **Inbox**, where you can read the comment and jump to the goal or entry. You can also open **Inbox** anytime from **More**. See Coach comments and Inbox.

Whether you get a notification depends on your iPhone settings and whether the app can reach Apple's notification service. Comments still appear in **Inbox** either way.

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