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Track goal progress

Revision 2026-10-10

Mark one-time goals done, count repeatable goals, and update target numbers.

From Goals

1. Tap **Goals**.
2. Pick **Short**, **Medium**, or **Long**, then **Active**.
3. Track progress on the list:
   - **One-Time:** tap **Mark completed**. Confirm when the app asks.
   - **Repeatable:** tap **+1** each time you do it. Dots show how close you are to the weekly target.
   - **Target:** type your new number in **Current** and tap **Update**.

From Home

After your weekly plan is **Submitted**, **This Week's Goals** on **Home** lets you:

- Tap the circle on a one-time or repeatable goal.
- Tap **+1** on a repeatable goal.
- Tap **Update** on a target goal to open it in **Goals**.

More actions

Tap the **•••** menu on a goal for **Details**, **Weekly review**, **Mark completed**, **Pause**, **Activate**, **Restore to Active**, or **Archive**. Status can show **Active**, **Done**, **Archived**, or **Paused**. Tap a goal to open its details (including coach comments and linked journal entries), then **Done** to close.

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