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Write today's journal

Revision 2026-10-11

Answer today's four prompts and submit or save a draft.

Finish this week's plan first. If you haven't, the app asks you to **Make weekly plan**.

Write the entry

1. Tap **My Journal**.
2. Tap **New Journal Entry** (or **Continue Entry** if you saved a **Draft**).

Answer each prompt. Tap **Continue** for the next one, or tap a number at the top to jump:

- **What did you learn?**
- **Technique**: what moves, setups, or transitions you worked on. Tap a **Quick Add** button (**Takedown**, **Top**, **Bottom**, **Escape**, or **Setup**) to add it.
- **Mindset**: how you felt, what went well, and what was hard.
- **Next Time**: what you'll focus on next. Tap a goal under **From Goals**, or tap **New** to add a goal. If you have no goals yet, tap **Add a goal**.

4. Under **Which goal did you work toward?**, check any goals this entry helped with (optional).
5. Tap **Finish Entry**.

Drafts and edits

- Not ready? Tap **Save Draft**. Coaches never see a **Draft**.
- After you submit, the entry says **Done**. Tap **View Today’s Entry** to read it. Need a change today? Tap **Edit**, then **Finish Entry** again.
- After today is over, the entry is locked and can't be changed.

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