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Write your first entry

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Make this week's plan, then write and submit today's journal entry.

Every week needs a weekly plan before you can write a daily journal entry.

Make this week's plan

1. Tap **My Journal** at the bottom.
2. Under **THIS WEEK'S PLAN**, tap **Set this week's plan** (or tap **Make weekly plan** if the app asks).
3. Tap **Add Goals**, pick up to 3 goals, then tap **Done**.
4. Write this week's actions in the box, then tap **Submit weekly plan**. Saving a **Draft** isn't enough. When it's done, it says **Weekly plan complete**.

Write today's entry

1. Tap **New Journal Entry**.

   Answer the four prompts. Tap **Continue** to move to the next one:

   - **What did you learn?**
   - **Technique**: tap a **Quick Add** chip (**Takedown**, **Top**, **Bottom**, **Escape**, or **Setup**) if you want.
   - **Mindset**
   - **Next Time**: tap a goal under **From Goals**, or tap **New** to add one. If you have no goals yet, tap **Add a goal**.

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

Not ready? Tap **Save Draft**. Later the button says **Continue Entry**. Coaches never see a **Draft**.

More detail: Write today's journal and Make your weekly plan.

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