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Read an athlete's journal

Revision 2026-10-10

Open a shared journal and move between goals, weekly plans, entries and notes.

Open a journal

1. In the **Athletes** list, click the athlete's name.

The journal opens on **Goals**. Use the tabs to switch:

- **Goals**: each goal, its type and status, target date and completions.
- **Weekly plans**: by week, with the goals picked for that week.
- **Daily entries**: newest first, with the athlete's answers.
- **Notes**: the athlete's technique notes. See Read an athlete's technique notes.

Private journals

If an athlete keeps their journal **Private**, their name isn't a link and you can't open it. Their numbers still show in the list.

Save a copy

Select **Download PDF** at the top right to save the whole journal as a PDF.

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