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See who journaled today

Revision 2026-10-10

Check today's journaling on the Team Journals dashboard or your main Dashboard.

On the Team Journals dashboard

1. Open **Team Journals**, then **Dashboard**.
2. Read the cards: **Active**, **Journaled today**, **Not today**, **Weekly plans**, **Completion %** and **Avg streak**.
3. In the **Athletes** list, **Today** shows **Yes** or blank. **Weekly** shows **Yes** if the athlete wrote this week's plan.

On your main Dashboard

The **Team Journals** card shows:

- **Today's check-in**: **Active**, **Journaled Today**, **Not today** and today's completion.
- **Team consistency**: **7-day rate**, **Avg streak** and **Best streak**.
- **Athletes to follow up**: **Not today** and **Below 70% this week**.

Select **Open Team Journals** for the full page.

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