

This document is provided free of charge by Horton Press. You may view, download, and share the original. You may not edit, remove, or add information to this document, or redistribute altered versions.

Coach comments and Inbox

Revision 2026-10-11

Open coach comments from Inbox or from the Home banner.

When your coach comments on a goal or a journal entry, it shows up in your **Inbox**.

Open Inbox

1. Tap **More**, then **Inbox**.
2. Or on **Home**, tap the banner that says something like "1 new coach comment" (**Tap to open Inbox**).
3. Tap a comment to open the goal or journal entry it's about.
4. Tap **Mark all read** to clear the new-comment count.

Unread comments show a green dot. If the list is empty, Inbox says **No coach comments yet**.