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Download and create your account

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Get The Wrestling Journal on iPhone and create your athlete account.

The Wrestling Journal is your place to set goals, plan your week, and write what you learned at practice. This takes a few minutes on iPhone.

Before you start

- Use an email you can open right now. You'll need a code in the next step.
- If your coach gave you a team invite code, keep it handy. You can enter it now or join a team later.

Create the account

1. Download **The Wrestling Journal** from the App Store and open it.
2. Tap the **Create Account** tab (next to **Sign In**).
3. On the screen for step 1 of 2 (your name and login), fill in **First name**, **Last name**, **Email**, and **Password (8+ characters)**. Turn on **I confirm I am 13 or older**, then tap **Continue**.
4. On step 2 of 2 (your state, and a team invite code if you have one), pick your **State**. If you have a code, type it under **Invite code** and tap **Check**. This is optional.
5. Tap **Create Account**.

You'll see **Verify email**. Go to the next step to enter your code.

If something goes wrong

- Already have an account? Tap the **Sign In** tab instead.
- Need to change your name or email before finishing? Tap **Back** on step 2 to return to step 1.
- Having trouble signing in later? See Sign in and reset your password.

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