

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.

Join a team or go solo

Revision 2026-10-11

Get set steps 1 to 3: Welcome, Solo or Part of a team, then Subscribe or a team license.

The first time you sign in, the app walks you through **Get set** in 5 steps: Welcome, Solo or team, Subscribe, Season, then Goals. This page covers the first three.

Welcome

1. On **Get set** (step 1 of 5), read the welcome. It says next you'll choose solo or team, set up access, start a season, and add goals of each type.
2. Tap **Continue**.

Choose how you'll use the app

On step 2 of 5, pick one:

- **Solo**: journal on your own. You can join a team later.
- **Part of a team**: join with a coach invite code or find your program.

If you chose Part of a team

1. Under **Have an invite code?**, type the code in **Invite code** and tap **Join with invite code**.
2. Or under **Or search by team name**, type the name in **Search team name**, tap **Search**, then tap **Join** next to your team. Some teams need your coach to approve you first. If a team says **Code needed**, ask your coach for the invite code.
3. You can also tap **Continue without a team**.

Subscribe (step 3 of 5)

If your team has a license, you're all set and can move on. If you're waiting on your coach, the app says **Waiting for coach approval**. You can wait, tap **Check status**, or subscribe yourself.

To subscribe yourself, tap **Monthly**, **Annual**, or **Lifetime** and follow the Apple prompts. Already paid on this Apple account? Tap **Restore purchases**.

Later

You can join or leave a team anytime under **More**, then **Teams**. See [Switch or leave a team](#).

Next in **Get set**: [Add your season](#).

© 2026 Horton Press — All rights reserved

Learn more and see other program tools and resources at www.hortonpress.com