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.

Share or keep your journal private

Revision 2026-10-11

Turn sharing on or off for each team's coaches under Privacy.

Sharing is per team and off until you turn it on.

Change sharing

1. Tap **More**, then **Privacy**.
2. Under **Share journal with coaches**, find your team's name.
3. Turn the switch **on** to share with that team's coaches. Turn it **off** to keep it private.

The switch only shows once your membership is active. Until then, the app says: "Join an active team to share your journal with its coaches."

What coaches see

When sharing is **on**, coaches can see your goals, technique notes, **Submitted** weekly plans, and **Submitted** journal entries, never a **Draft**.

When it's **off**, your coach can still see whether you journaled (like your streak and how often you write). They can't open your journal or read what you wrote.

You can also see **Journal shared with coaches** or **Journal private from coaches** under **More** → **Teams** → **Your memberships**.

© 2026 Horton Press — All rights reserved
Learn more and see other program tools and resources at **www.hortonpress.com**