

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.

Read an athlete's journal

Revision 2026-10-10

Open a shared journal and move between goals, weekly plans, entries and notes.

Open a journal

1. In the **Athletes** list, click the athlete's name.

The journal opens on **Goals**. Use the tabs to switch:

- **Goals:** each goal, its type and status, target date and completions.
- **Weekly plans:** by week, with the goals picked for that week.
- **Daily entries:** newest first, with the athlete's answers.
- **Notes:** the athlete's technique notes. See [Read an athlete's technique notes](#).

Private journals

If an athlete keeps their journal **Private**, their name isn't a link and you can't open it. Their numbers still show in the list.

Save a copy

Select **Download PDF** at the top right to save the whole journal as a PDF.
