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Suggest a goal to an athlete

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Send an athlete a goal idea they can accept in the Wrestling Journal app.

You can suggest a goal. The athlete decides whether to add it. This sends a private goal idea; no journal text is shared.

Send a suggestion

1. Open the athlete's journal. It opens on **Goals**.
2. Under **Suggest a goal**, type a **Title**, for example "Finish every single-leg attempt".
3. Pick a **Horizon**: **Short**, **Medium** or **Long**.
4. Pick **Tracking**: **Repeatable**, **One-Time** or **Target**.
5. Select **Send**.

You'll see "Suggestion sent. The athlete can accept it in the app."

Check on suggestions

Your suggestions are listed under the form with their status. Select **Refresh suggestions** to update it.

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