

Edit

My Goals



Intro Sequence

Welcome to
Goals Coach!

Let's get
started:

Think of
something
you really want
to keep track of,

every day.

Choose a
Goal that is

Important to
YOU

A goal that

would help
you to

live life
more fully

A goal you can
work toward
each and
every day

and feels
do-able!

Master Detail Views

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Goal:

be positive

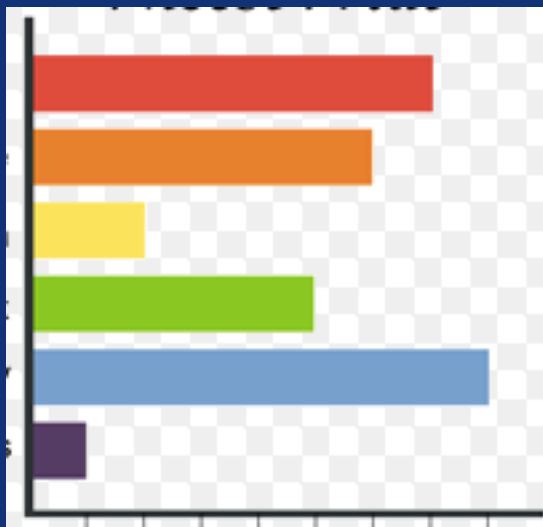


0% successful

100% successful

50 %

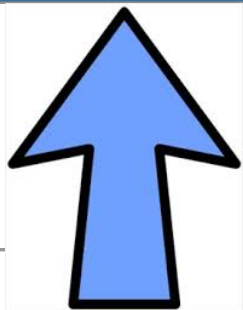
Your History with this Goal



First Goal Sequence

Edit

My Goals



Tap the +
icon above
to enter
your first
goal!

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Goal:

Step 1 of 4

What's your goal?

be positive

Next



Choose something:

- meaningful
- achievable
- you can strive toward daily!

Step 2 of 4

How would you describe yourself if you ***ACHIEVE*** your goal on any given day?

100% successful

Choose something short-

This is the *label* you'll see every day you track one of your goals!

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Goal:

Step 2 of 4

How would you describe yourself if you ***ACHIEVE*** your goal on any given day?

100% successful

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Z

X

C

V

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N

M



123



space

return

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Goal:

Step 3 of 4

How would you
describe yourself
if you
DON'T ACHIEVE
your goal
on any given day?

0% successful

Choose something short-

This is the *label* you'll
see every day you track
one of your goals!

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Goal:

Step 4 of 4

How well have you
met this goal
today?

be positive



0% successful

100% successful

50%

FINISH