Guided Journal - Quick Start Guide

Installation

1. Download the Guided Journal plugin from the WordPress repository
2. Go to Plugins > Add New
3. Click "Upload Plugin"
4. Select the plugin ZIP file
5. Click "Install Now" and then "Activate"

Initial Setup

1. Add Prompts

- Go to Journal Settings > Demo Mode
- Click "Install Demo Prompts"
- This adds 365 pre-written journal prompts

Manually Adding Prompts

- When creating prompts, use **three-digit numbering**
- Examples:
    - First prompt: "001"
    - Tenth prompt: "010"
    - Hundredth prompt: "100"
- **Important**: Correct numbering ensures proper journal grid functionality

2. Customize Appearance

Colors

1. Navigate to Journal Settings
2. Find the "Colors" section
3. Use color pickers to customize:
    - Background color
    - Card background
    - Text color
    - Accent color
    - Button colors

Typography

1. Select heading and body fonts
2. Adjust font weights
3. Modify font sizes and line heights

Using Shortcodes

Journal Grid

Add `[journal_grid]` to any page or post to display:

- User progress
- Journal entry grid
- Export functionality

Single Journal Entry

Use `[journal_entry]` to create custom entry pages

Quick Customization Tips

Color Customization

- Click on color inputs to open color picker
- Enter hex codes manually
- Use "Reset" button to return to defaults

Font Selection

- Choose from curated Google Fonts
- Fonts automatically load and preview

User Management

User Roles

- **Journal Users**: Can write entries
- **Administrators**: Full management access

Export and Sharing

Exporting Entries

1. Go to journal grid
2. Click "Export Entries"
3. CSV will download automatically

Sharing Entries

1. Open a specific journal entry
2. Click "Share Entry"
3. Generate a temporary share link

Performance Optimization

- Plugin is lightweight and efficient
- Minimal impact on site performance
- Automatic daily maintenance

Troubleshooting

Common Quick Fixes

- Clear WordPress cache
- Verify user authentication
- Check browser console for errors

Support

- Plugin documentation
- Support forums
- Developer contact information

Quick Reference

- Version: 2.0.0
- Shortcodes:
  - `[journal_grid]`
  - `[journal_entry]`