



HOW TO ADD WELLNESS ENTRIES INTO OUG

Track and monitor athlete's physical and mental wellbeing as well as hours slept and sleep quality in one simple screen. The platform provides a quick and easy mechanism for athletes to enter daily wellness. Athletes are required to enter in Wellness information daily first thing in the morning, so that data is accurate.

1. Log into OwnUrGoal

OwnUrGoal

Version 1.51.504

Username:
[Input Field]

Password:
[Input Field]

Login

Don't have a login? Register


Forgot Login Details? Reset Credentials

1. Enter Username & password
2. Press Login



2. Click on the Wellness button at the bottom of the screen

← Back Raewyn Britt Home Menu ☰



Gender: Female
Date of Birth: [REDACTED]
Age: [REDACTED]
Login: [REDACTED]
Last Login: [REDACTED]
Messages Capable
Email Capable

This Month's Compliance

Activities		Wellness	
1 of 29	3.45 %	1 of 29	3.45 %

Goals

Click on Wellness

Profile Activities **Wellness** Calendar Messages

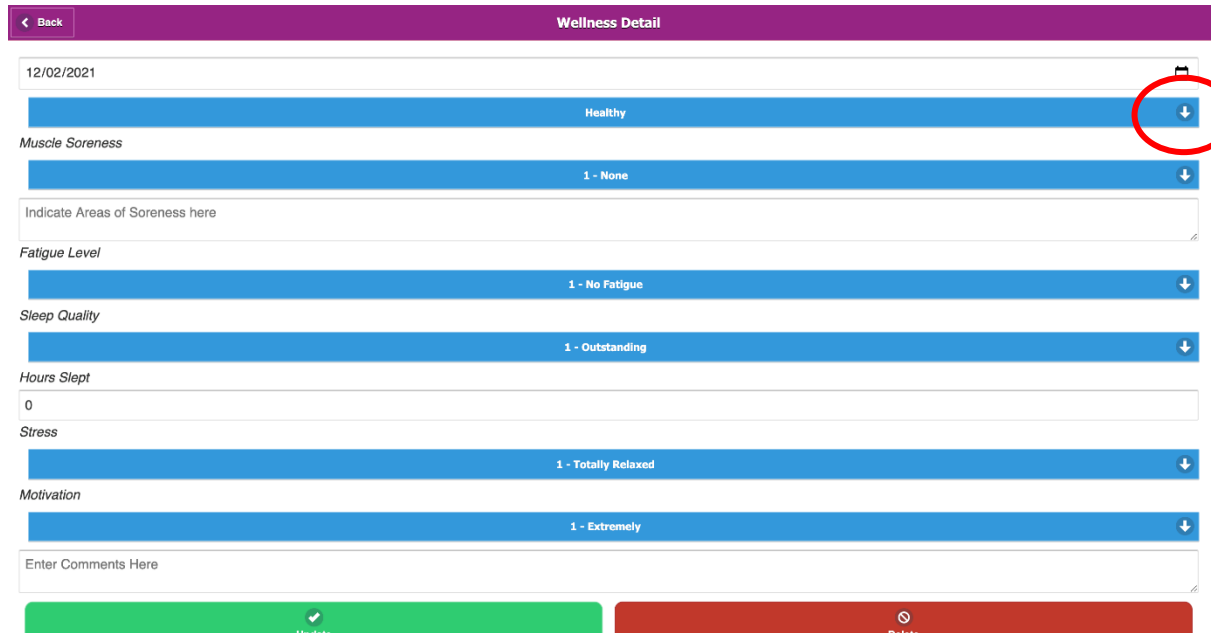
3. Click on the + button in the top right hand corner

← Back Wellness +

Filter items...



4. Fill in Wellness details by clicking on the Down arrows for each section. Rate each section out of 7. Very rarely will scores be 1-2 or 6-7. Most scores will be around 3-5 however it is important to be honest when loading your wellness.



Wellness Detail

12/02/2021

Healthy

Muscle Soreness

1 - None

Indicate Areas of Soreness here

Fatigue Level

1 - No Fatigue

Sleep Quality

1 - Outstanding

Hours Slept

0

Stress

1 - Totally Relaxed

Motivation

1 - Extremely

Enter Comments Here

Update

Delete

5. If you are sick, please provide details of symptoms in the Comments section.
6. Then press Update to save the entry