COACHMEPLUS

🔍 Search

Articles in this section ⌄

How To: Change the Start Date of an Athlete's Program

Stephen Ostrow

a few seconds ago · Updated

Follow

In this article:

- How To: Change the Start Date of an Athlete's Program

Watch the How-To video here and follow the steps below:

⑦ **Help**

## How To: Change the Start Date of an Athlete's Program

When you have put together your **Programs** in **CoachMePlus**, assigned them to your **Athletes**, but would like to change the start date for one of your **Athletes**, use the following simple steps to do so. This will adjust the days of the **Program** to properly assign the sequence of **Program** days.

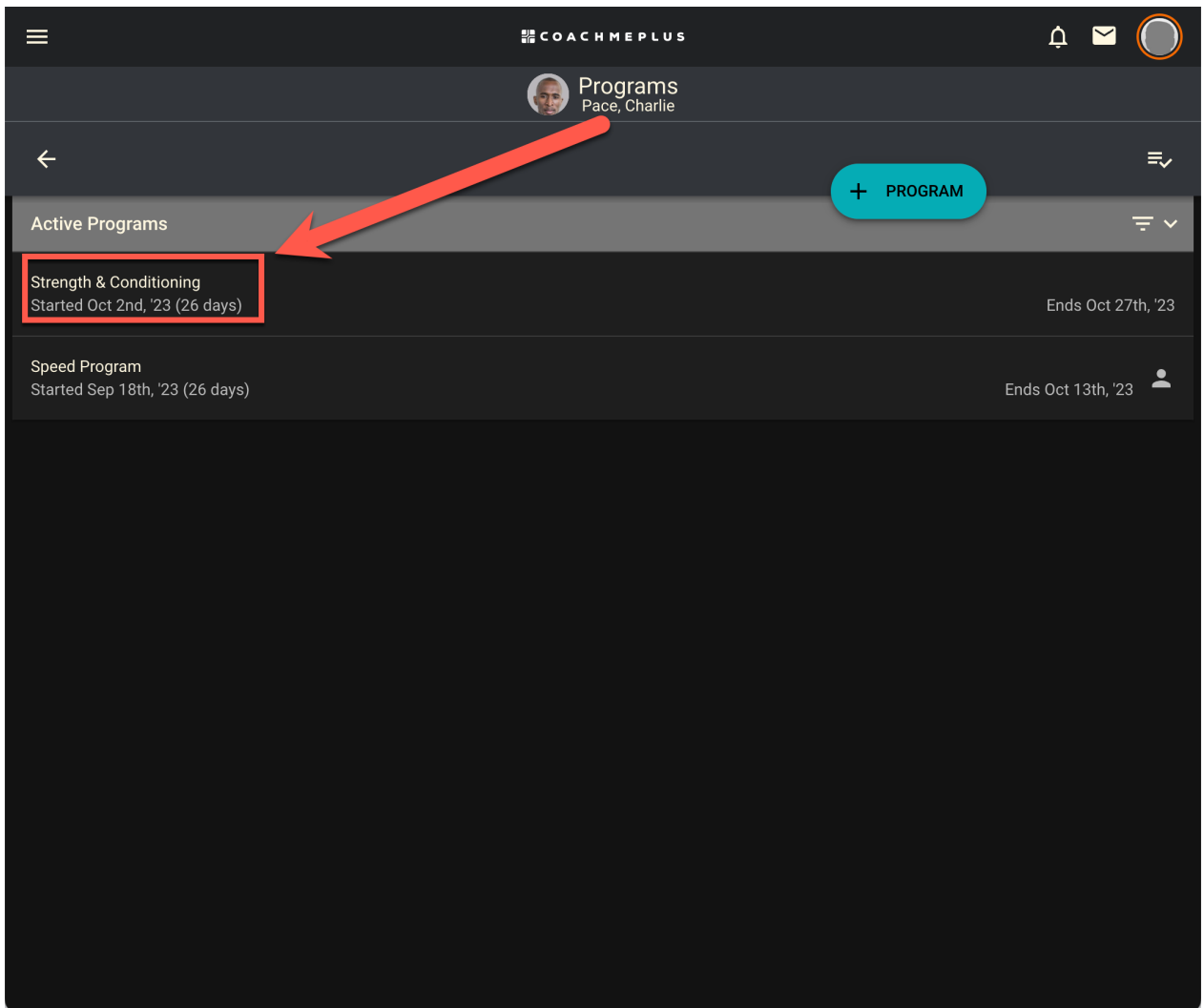1. Go to the **Program Builder** and select **Athletes**.
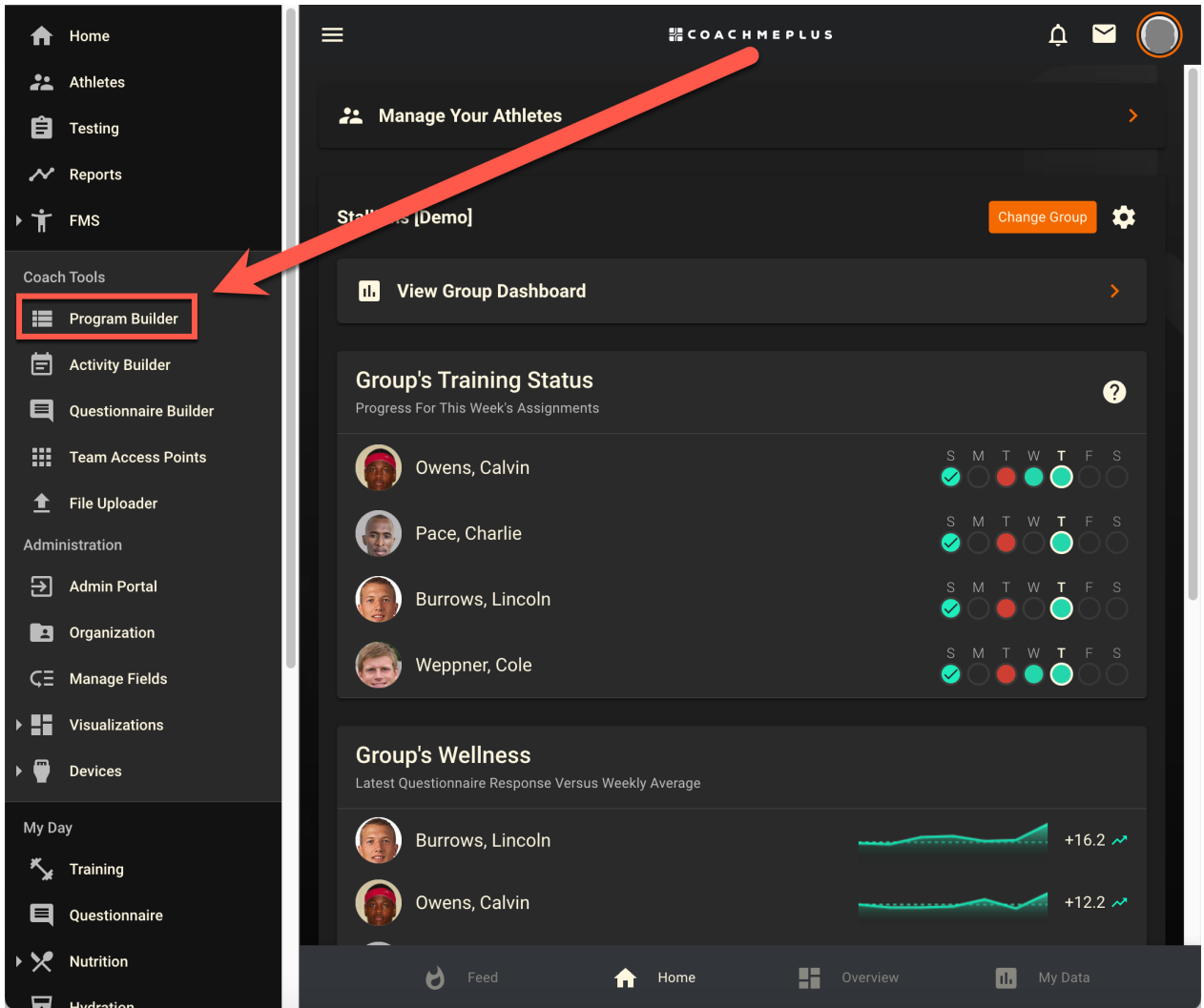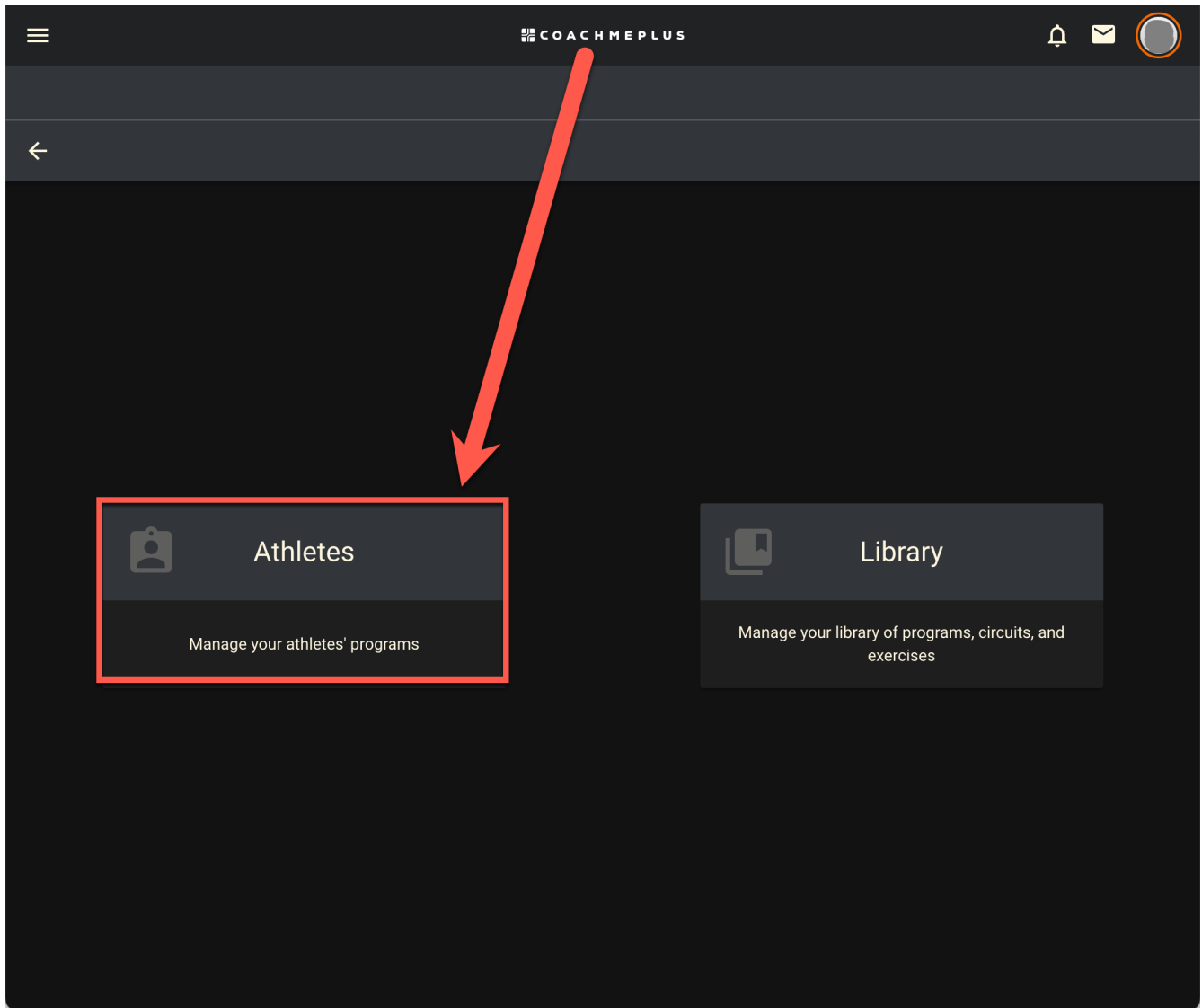
1. Select the **Athlete** you would like.
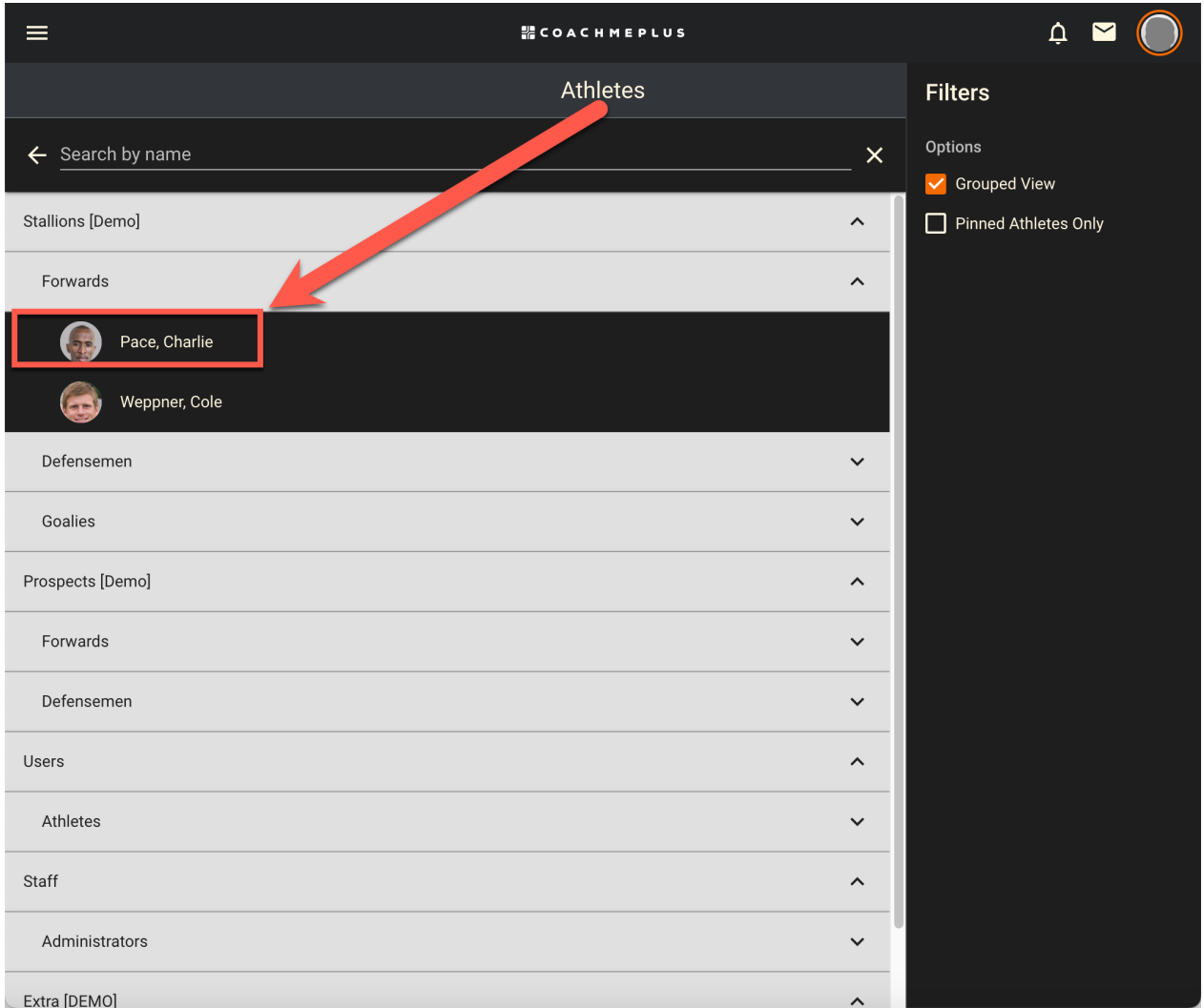
2. Select the **Program** you want to adjust the start date for.

3. Change the start date by selecting the **Three Dots Icon** and manually entering the date, or select it from the expandable calendar that will open if you select the down arrow. Then

Save.

🔗 How To_ Change the Start Date of an Athlete's Program – CoachMePlus Help.pdf

600 KB · Download

Was this article helpful?

✓ Yes   ✕ No

0 out of 0 found this helpful

Return to top ⊕

Recently viewed articles

How To: Edit a Program Name and Start Date

How To: Print Program Day for an Athlete

How To: Assign a Workout Program

Change History Dashboard: A Detailed Overview

How to: Use the Progression Editor - Progression Edit From Circuit Builder

Related articles

How To: Create a Circuit from an Exercise

Can I Add Workouts for Specific Positions? (forwards, defensemen, goalies, prospects, etc.)

How To: Edit a Program Name and Start Date

Comments

0 comments

Be the first to write a comment.

CoachMePlus Help