

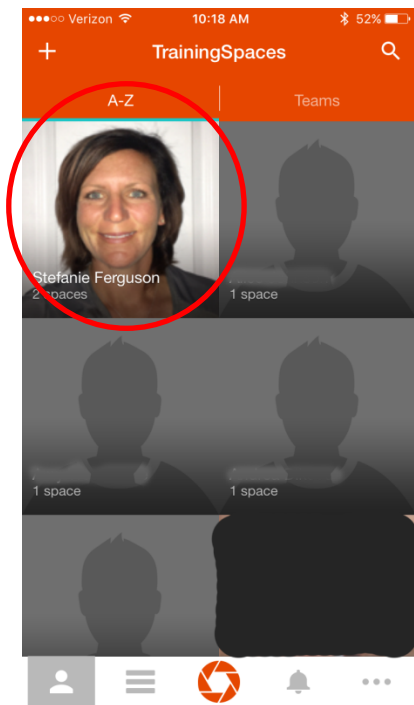


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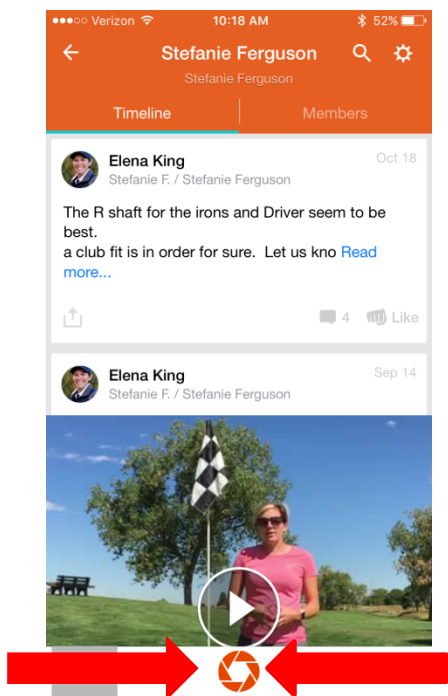
## Posting to CoachNow Phone App

**Step 1:** Log in with your username and password that you created when you joined CoachNow

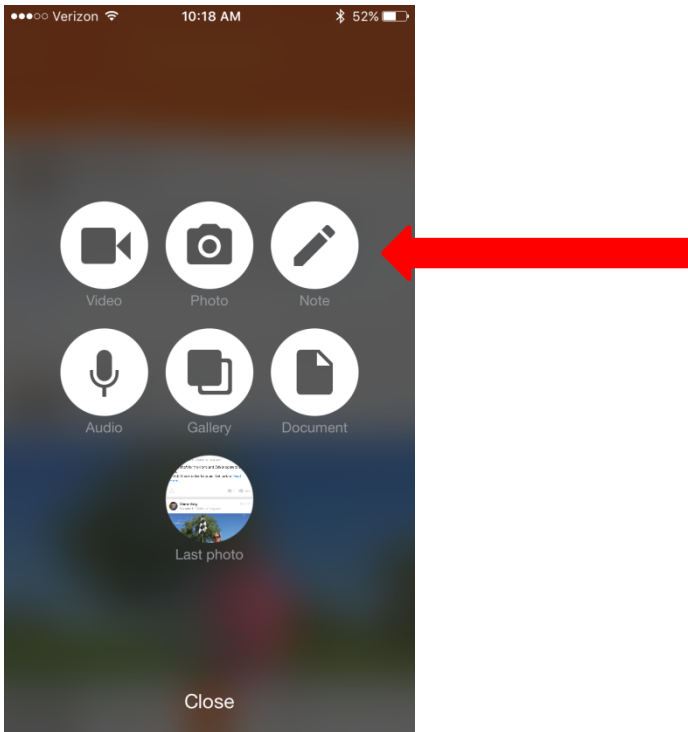
**Step 2:** You want to click on your own training space (your page should just have your name on it)



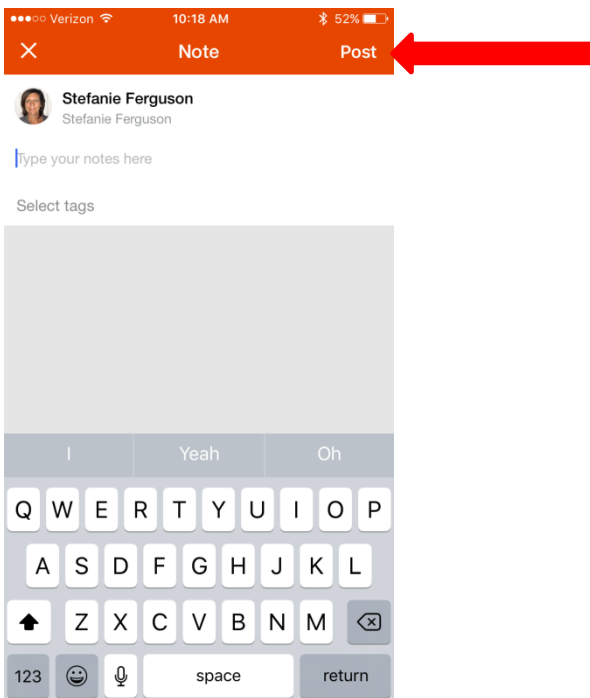
**Step 3:** This screen should show up next, you will want to click on the orange capture button on the bottom



**Step 4:** The next screen will give you a few options, to leave a note for the ExperienceGolf Coaches you will press Note, if you would like to add a Video or Picture choose Gallery and then click on the picture or video you would like to add to your page:



When you click Note this screen shows up next, just type your message and hit post.



When replying to an ExperienceGolf Team post regarding scheduling and events we prefer you to reply on your personal page instead of on the team page. If you have general comments that the group can benefit from please add them to the ExperienceGolf Team Training Space.