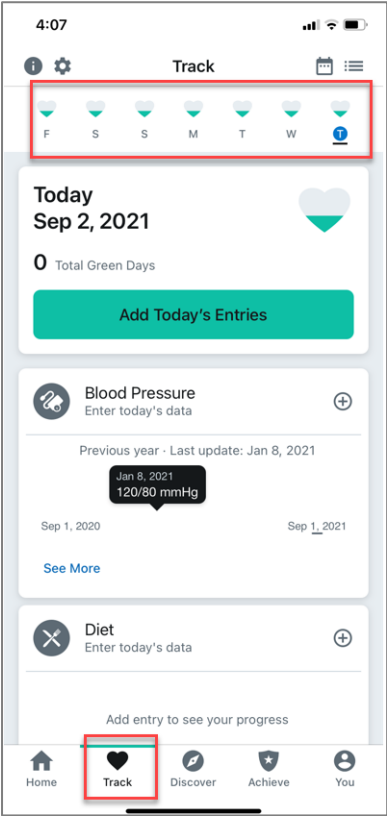
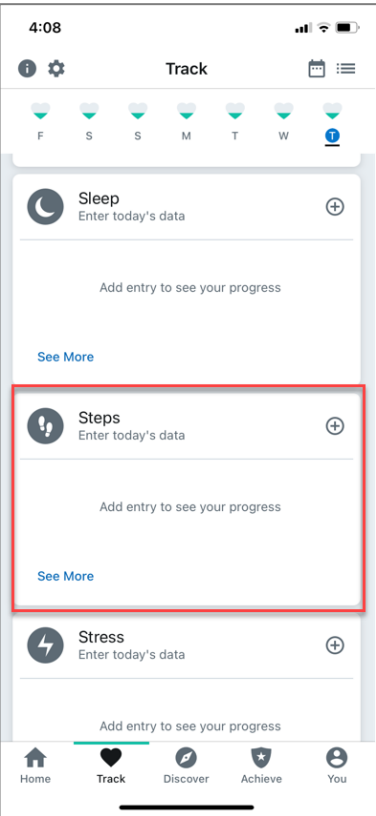


# Tracking Progress: Recording Missed Days

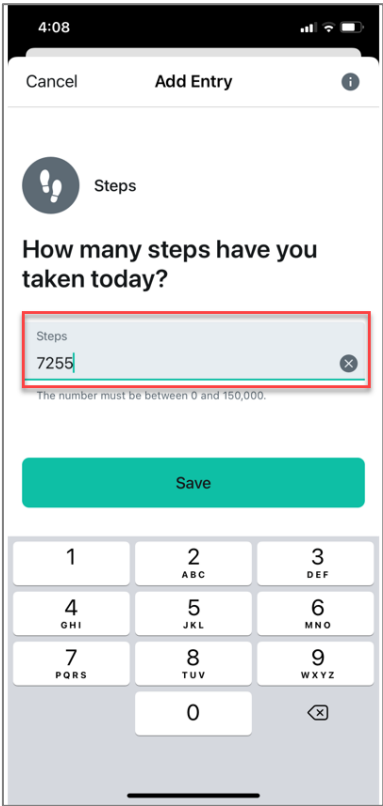
If you miss tracking or syncing your data, you can view historical data within the Tracker section and update any missed inputs.



Within the "Track" section of the navigation, click on a previous date within the past 7 days from the top of the screen.



Click on the tracker you would like to update with your missed entry.



Record your entry and click save.