

# 42goalsPremium User Manual

Set your daily goals!



This User Manual is intended to help users get acquainted with the 42goals online application and make use of its full potential. The application's aim is to encourage people to achieve their goals and organize their life. Version 1.0 – Released Mar 29, 2012 – First published User Guide

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# General Information

## Why track your goals?

If you want to achieve a goal you should be able to track it. By tracking you may think of having periodic reminders on how you did so far but why mess it all up and spend time thinking of it when you should be focusing on your goals? **42goals** records your progress and displays it in a simple way through graphs or charts so that instead of thinking, counting and remembering what you did, you can spend all that time on planning and actually working on your goal!

**42goals** is a Web-based application – this means it does not need to be installed on your computer and it only takes a minute to get it up and running.

## What Kind of Goals?

Using **42goals** you can track all sorts of goals and with a Premium Account you can easily categorize them in any way you want:



It is all down to your life style and routine, since the interface is fully customizable you may name the tabs in any way you want.

## Inspiration

These are just some examples meant to help you build up an idea of how it would look like to track your goals.

Fast Food	✗
Veggies	✓
Bread	✗
Coffee	

The example to the **left** shows a way of having a healthier diet by reducing fast foods and bread amounts, cutting down on coffee and increasing the amount of vegetables in your meals.

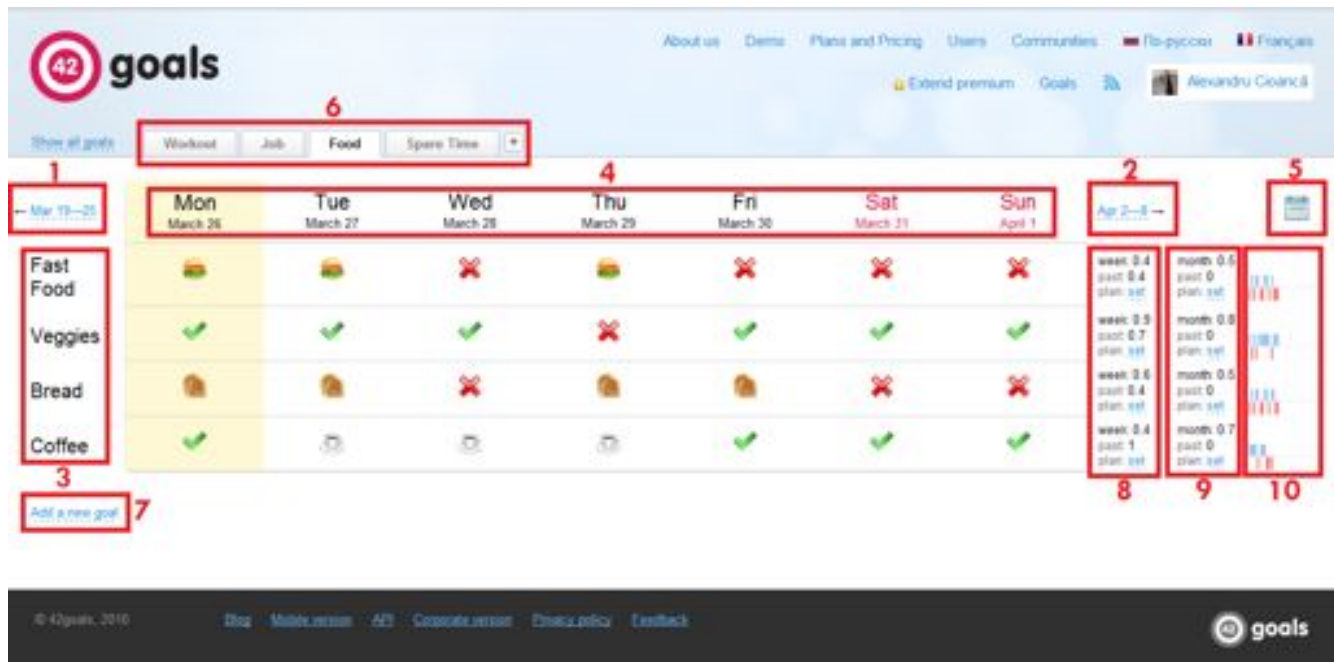
Arrived at work	08:20
Left work	14:20
Worked on Semester Project	02:00
Worked on Extra Curricular Project	

The example to the **right** shows a way of keeping track of your working hours and important activities or projects. You can set times when you arrive at work or leave work or time your working hours on certain tasks like projects and other relevant work.

Jogging	4 km
Gym	✓
Home Exercises	00:10

The example to the **left** shows a way of checking on your daily workout sessions. Distances, times and check marks can easily be used to have an easy overview of your workout.

## Console



This is **42goals** console. It has several areas that will be named in this section and explain in the coming sections.

1. *Previous week button* – shows the previous week console.
2. *Next week button* – shows next week's console.
3. *Goals list* – vertically shows the goals you have set.
4. *Days of the week* (notice the weekend days are red colored and the current day column is slightly highlighted) – horizontally shows the days of the week.
5. *Calendar button* – opens up a calendar for the current month.
6. *Goal groups* – each tab represents a group of goals.
7. *Add a new goal button* – click this to add a new goal to the selected group.
8. *Weekly results* – shows the results displayed according to the function you have chosen for the specific goal. Current week results are in **bold**, past week are shown in between and the plan for the next week is below.
9. *Monthly results* - shows the results displayed according to the function you have chosen for the specific goal. Current month results are in **bold**, past week are shown in between and the plan for the next month is below.
10. *Simple graphs* – show your progress over the week. Red is for negative and blue is for positive.

## 42goals Web Page

You can access the Web application in two ways. Enter this link [www.42goals.com](http://www.42goals.com) or search for **42goals** on Facebook. The Website has support for *English, French and Russian*.

## Feed & Notifications

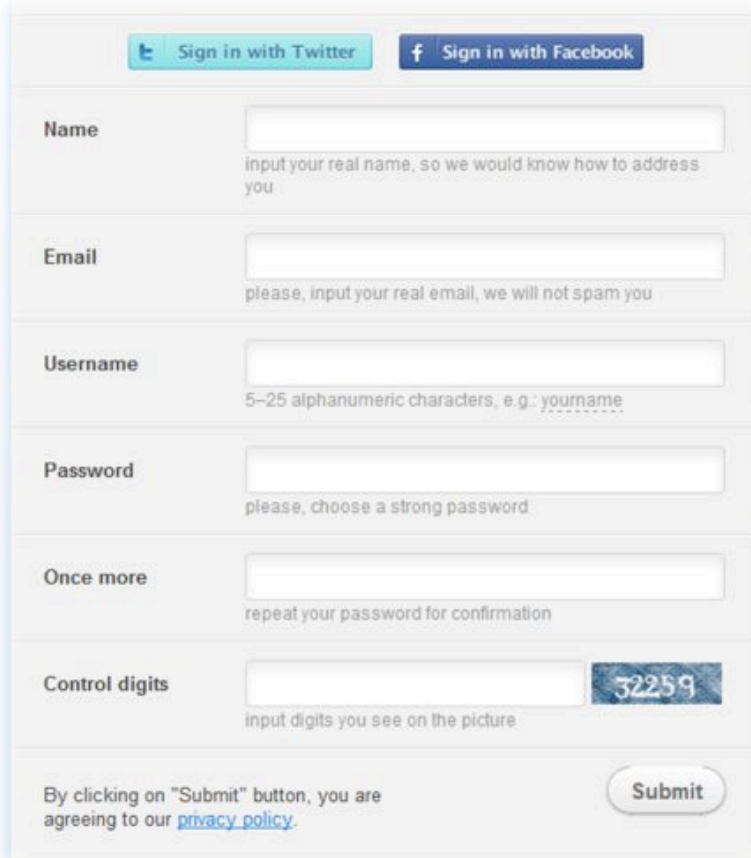


**Feed:** Click in order to check out all the latest news from communities (See upcoming sections) and friends.

**Notifications:** Mouse over to read notifications such as comments and posts(See upcoming sections).

## Creating account

Click the “**Register**” button on the top right side of the web page.



Sign in with Twitter Sign in with Facebook

**Name**  
input your real name, so we would know how to address you

**Email**  
please, input your real email, we will not spam you

**Username**  
5–25 alphanumeric characters, e.g.: yourname

**Password**  
please, choose a strong password

**Once more**  
repeat your password for confirmation

**Control digits**  
input digits you see on the picture

By clicking on “Submit” button, you are agreeing to our [privacy policy](#).

Submit

You can register using your Twitter or Facebook account by clicking either of the buttons on top.

Type your *name, e-mail, username* and a *password* along with the *control digits*.

After you have read and agreed with the privacy policy, click “**Submit**”.

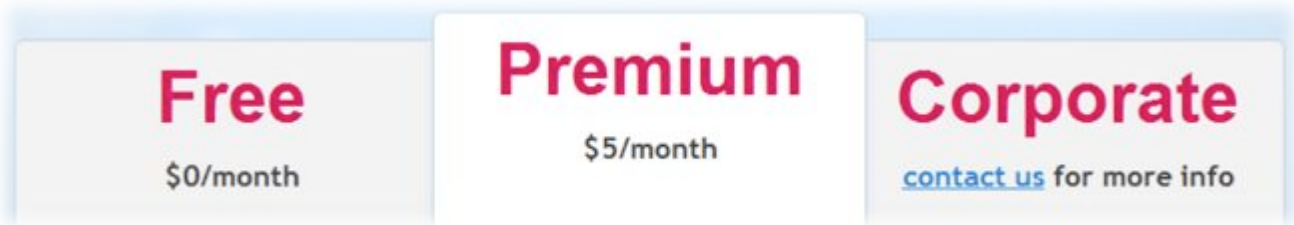
## Premium vs. regular

Free	Premium
\$0/month	\$5/month
All basic goals types: numeric, counter, boolean, <a href="#">time</a>	All basic goals types Advanced goals types: stopwatch Group goals by tabs Priority support via email
	<a href="#">Buy now</a>

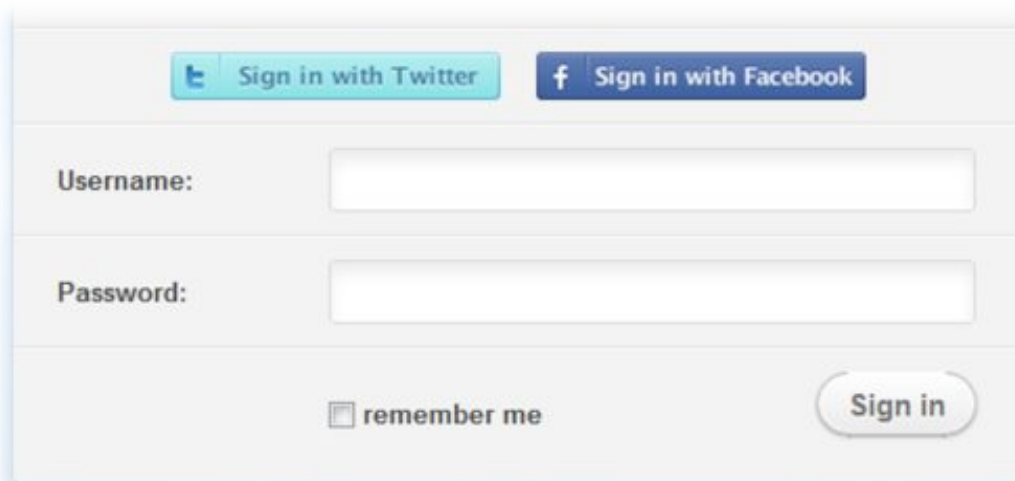
Compared to Regular accounts, Premium accounts include

advanced functionalities such as *Advanced Goal Types*, *Goals Grouping by Tabs* and *Priority Support via e-mail*.

## Pricing plans



## Log in

The login form has a light gray background. At the top, there are two buttons: 'Sign in with Twitter' (light blue) and 'Sign in with Facebook' (dark blue). Below these are two input fields: 'Username:' and 'Password:'. At the bottom, there is a checkbox labeled 'remember me' and a 'Sign in' button.

Click on the buttons on top if you plan on logging in with your Twitter or Facebook account.

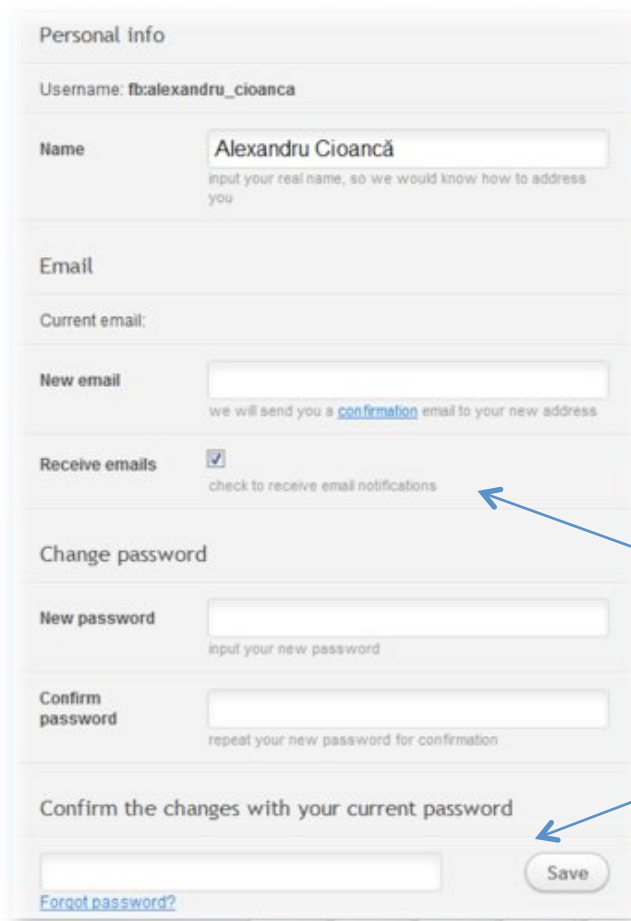
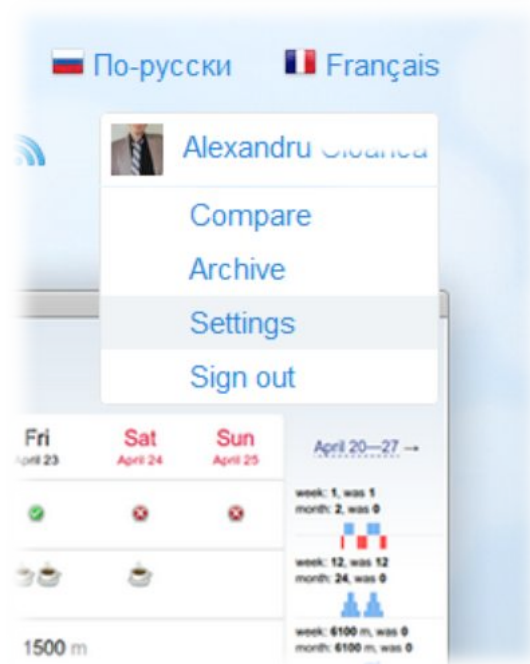
Fill in the *Username* and *Password* fields then click “**Sign in**” if you want to log in with your Regular registered account. Tick “**remember me**” if you want your details to be remembered for automatic log in.



## Account

## Settings

Mouse over your name, on the top right side of the screen then click **“Settings”**.

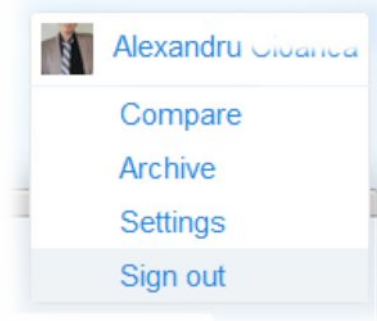
Here you can change your *Real Name*, *E-mail* and *Password*.

You can also choose to receive mails with notifications from **42goals** by ticking the *“Receive e-mails”* checkbox.

You will need to confirm all your changes with your current password before you can click **“Save”**.

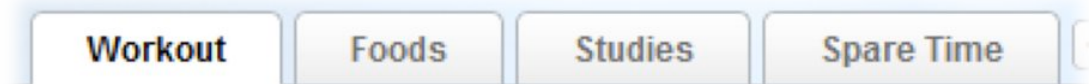
## Sign out

Click **“Sign out”** on the top right dropdown menu in order to sign out.



## Tabs

You can use tabs to group your goals in any way you want. Tabs are used in order to categorize, sort and easily view your goals and achievements.



## Add tabs

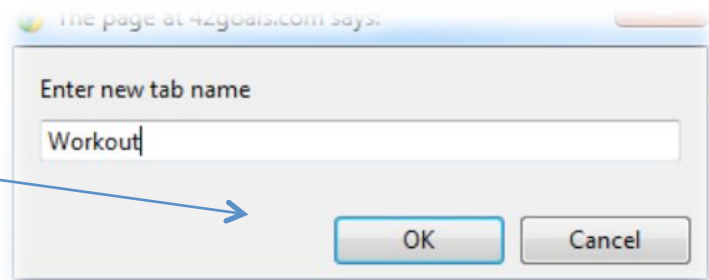
Add tabs by clicking the “+” button on the upper side of the console.



This tab is empty. You can [add a new goal](#) or [delete this tab](#).

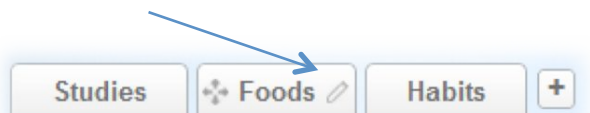
[Add a new goal](#)

You will then be asked to type the name of your tab. Type it and click “OK”.



## Change tab names

Mouse over the tab you want to rename. In this example the mouse is over the “Foods” tab. Click the *pen icon* on the right of your tab name.



Rename your tab then press Enter in order to save it.

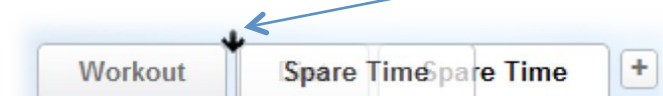


## Change tabs order

You can reorder your tabs. Simply mouse over the tab you want to move and drag it using the arrow icon to the left of the tab name.



Drop your tab between any of the other tabs. The *black arrow* will show up in order to help you drop your tab on the right place.



## Delete tab

You can only delete empty tabs. If you want to delete a tab, you need to remove or archive all of its goals (remove/archive goals will be covered later in the guide).

This tab is empty. You can [add a new goal](#) or [delete this tab](#)

Click “**delete this tab**” to delete the selected tab.

## Goals

Goals are what all is about in this application. You can plan your goals and / or check your progress as you work on them. You can **Add Goal**, **Edit Goal**, **Delete Goal**, **Update Goal** and **Add Data to Goal**. Notice that **Update**

**Goal** is not to be confused with **Add Data to Goal**.

**Add Goal** – adds a new goal to one of your tabs.

**Edit Goal** – changes a goal's details and functionalities.

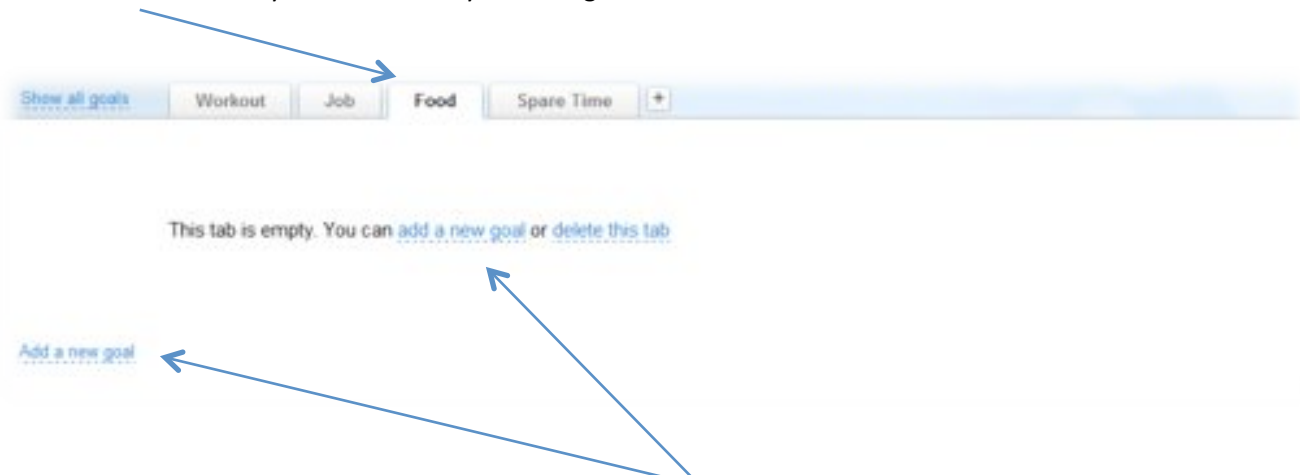
**Delete Goal** – deletes a goal.

**Update Goal** -

**Add Data to Goal** – add daily information to your goals.

## Add goal

Select the *tab* in which you wish to add your new goal.



Add a new goal to your tabs by clicking either of the *two buttons*.

There are two ways of adding a goal to your tabs. **Template Mode** and **Advanced Mode**.



**Template Mode** – You can pick one of the various templates 42goals provides.

**Advanced Mode** – You can fully customize your goal.

## Template mode

These are the most popular templates used. Choose one of them and go further down the hierarchy in order to find the goal that fits your purpose.

### Work and study

Under the *Work and study* header you can find 5 templates:

1. **Productivity:** This template helps you keep track on your productivity. You can mark each day as being productive or not.
2. **Arrived at work:** Use this template to record the time you arrive at work.
3. **Left Work:** Use this template to record the time you leave work.
4. **Worked on project:** Use this template to track your time spent working on a project.
5. **Learn words:** Use this template to record the number of foreign words learnt daily.

### Home

1. **Water flowers:** Use this template to check if and how many times you watered the flowers.
2. **Walk the dog:** Use this template to keep track on your dog walking schedule.
3. **Feed the cat:** Use this template to remember how many times you fed your cat.
4. **Feed the fish:** Use this template to keep track on how many times you fed the fish.
5. **Clean the house:** Use this template to make sure you periodically clean your house.

[Work and study](#)

[Home](#)

[Workout](#)

[Habits](#)

[Health](#)

[Internet and games](#)

[Finance](#)

#### Work and study



[Productivity](#)



[Arrived at work](#)



[Left work](#)



[Worked on project](#)



[Learn words](#)

[Home](#)

#### Work and study

#### Home



[Water flowers](#)



[Walk the dog](#)



[Feed the cat](#)



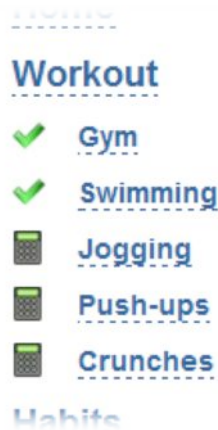
[Feed the fish](#)



[Clean the house](#)

[Workout](#)

## Workout



1. **Gym:** Use this template to record the days you attend the gym.
2. **Swimming:** Use this template to record the days you attend the swimming pool.
3. **Jogging:** Use this template to sum up your jogging distances and keep track of your weekly progress.
4. **Push-ups:** Use this template to add the total number of push-ups you do and keep track of your weekly progress.

5. **Crunches:** Use this template to sum up how many crunches you do and keep track of your weekly progress.

## Habits

1. **Quit smoking:** Use this template to number the cigarettes you smoke every day.
2. **Coffee:** Use this template to restrain your coffee consumption, by checking how many cups of coffee you drink every day.
3. **Tea:** Use this template to make sure you drink your tea.
4. **Beer:** Use this template to track your periodic beer intake and make sure you don't abuse.
5. **Wine:** Use this template to check how often you have a glass of wine.

6. **Alcohol:** Use this template to sum up the quantity of alcohol you periodically intake.








7. **Fast food:** Use this template to keep the fast food meals to a minimum by marking days when you have fast food meals.
8. **Sleep early:** Use this template to sum up minutes you occasionally go to sleep ahead of your usual sleep time.
9. **Wake up early:** Use this template if you usually wake up before the clock starts ringing and check how early you usually wake up.

## Health

habits

### Health

-  [Brush teeth](#)
-  [Drink water](#)
-  [Take pills](#)
-  [Sleep](#)
-  [Track weight](#)

Internet and games

1. **Brush teeth:** Use this template to make sure you brush your teeth periodically.
2. **Drink water:** Use this template to have an overview of the amount of water you intake.
3. **Take pills:** Use this template to plan your pills when you are supposed to take them periodically.
4. **Sleep:** Use this template to check if you are on a normal sleeping schedule.

5. **Track weight:** Use this template to keep an eye on your weight and make sure you are within normal values.

## Internet and games

1. **Post in blog:** Use this template to remind yourself to post on your blog or keep track of your own blog activity.
2. **Won in poker:** Use this template to track your poker wins and

Internet and games

### Internet and games

-  [Post in blog](#)
-  [Won in poker](#)
-  [Lost in poker](#)



earnings.

3. **Lost in poker:** Use this template to record your lost poker games and the money you lose.

## Finance

1. **Expenses:** Use this template to sum up your weekly expenses.
2. **Income:** Use this template to sum up your periodic income.



## Advanced mode

Using **Advanced Mode** you can fully personalize your goal by giving it your own title, changing its type, adding parameters and descriptions. In order to create a goal using *Advanced Mode* you need to follow 4 steps:

- 1) Insert a *Title*
- 2) Choose a *Type*
- 3) Add *Additional Parameters*
- 4) Click "**Save**"

### Title

Type your goal's title in the *Title field*. You give your goal a relevant name in order to easily track it (Work, Sleep, Jogging, etc.).



### Type

The type of a goal is determined by the kind of information you would like to store. Each type has its own advanced parameters.

#### Type

☒ numeric: 3.14, 100, 299792, etc.

☐ counter: 1, 2, 3 ...

☐ boolean: yes or no

☐ time: 7:30

☐ stopwatch: ▶7:30

- For information such as amount of money or number



of miles, choose numeric type.

- If you want to count items, such as number of push-ups or cups of coffee, choose counter.
- For 'yes or no' questions, such as 'Did I work well today?' or 'Have I read a book?' choose Boolean.
- To log a time of an event, such as when you wake up, select time type.
- Stopwatch allows you to record periods of time, e.g. 'For how long have I been working today?'. You can launch a stopwatch or enter time manually.

## Additional parameters

There are some parameters you can set for any type of goal but some of them are only available for certain types of goals. The following parameters are available for any type of goal: **Title**, **Type** and **Description**.

Title

Type

- ☒ numeric: 3.14, 100, 299792, etc.
- ☐ counter: 1, 2, 3 ...
- ☐ boolean: yes or no
- ☐ time: 7:30
- ☐ stopwatch: +7:30

You can further customize your goal by adding extra parameters. Click "*Additional parameters*" to do so.

[Additional parameters](#) ↓

or [cancel](#)

Description

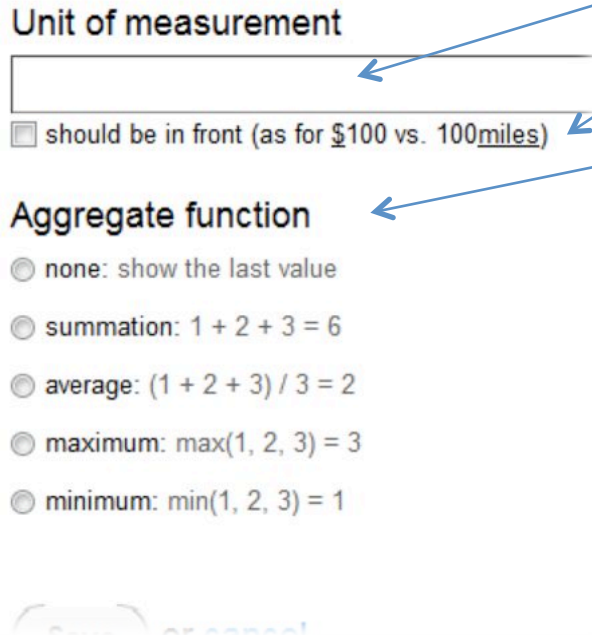
Once you click Additional parameters, the menu to the left drops down.

- You can add a *Description* to your goal.

Since you can choose from a variety of *types* of goals, each of them has its own set of **parameters**. Each *type* of goal will be explained in the following section.

## Numeric parameters

For *Numeric type* of goals you can add the following parameters.



- **Unit of measurement:** Add a unit of measurement to your goal (Kilometers, miles, \$, etc.).
- **Should be in front:** Tick this checkbox if you want the *Unit of Measurement* in front of the value.
- **Aggregate function:** Choose any of the functions depending on how you want your goal to work.
  - **None:** If you only want to view the last value you have input.
  - **Summation:** If you want to sum up your values over a period of time.
  - **Average:** If you want to find the average of your values over a period of time.
  - **Maximum:** If you want if you only want to view the highest value over a period of time.
  - **Minimum:** If you only want to view the lowest value over a period of time.

## Counter parameters

For *Counter type* of goals you can add an Icon to depict the item you want to count. Simply click “Pick an icon”



Once you click “Pick an icon”, the following menu will drop down and you will be

able to choose from a set of default icons or search for any icon you want. Type what kind of icon you are looking for and the search engine will find it for you.

### Unit of measurement

  
☐ should be in front (as for \$100 vs. 100miles)

### Aggregate function

- ☐ none: show the last value
- ☐ summation:  $1 + 2 + 3 = 6$
- ☐ average:  $(1 + 2 + 3) / 3 = 2$
- ☐ maximum:  $\max(1, 2, 3) = 3$
- ☐ minimum:  $\min(1, 2, 3) = 1$

[Save](#) or [cancel](#)

- **Unit of measurement:** Add a unit of measurement to your goal (Kilometers, miles, \$, etc.).
- **Should be in front:** Tick this checkbox if you want the *Unit of Measurement* in front of the value.
- **Aggregate function:** Choose any of the functions depending on how you want your goal to work.
  - **None:** If you only want to view the last value you have input.
  - **Summation:** If you want to sum up your values over a period of time.
  - **Average:** If you want to find the average of your values over a period of time.
  - **Maximum:** If you want if you only want to view the highest value over a period of time.
  - **Minimum:** If you only want to view the lowest value over a period of time.

## Boolean parameters

For *Boolean type* of goals you can set icons for positive marks or negative marks. Depending on the title, goals may have a positive or a negative meaning. In case of 'Work productivity' it has a positive meaning, whereas in case of 'Car malfunctioning' it has a negative meaning.

Click "**Pick an icon**" on either of the "<<Yes>> icon" or "<<No>> icon".

Once you click "*Pick an icon*", the following menu will drop down and you will be able to choose from a set of default icons or search for any icon you want. Type what kind of icon you are looking for and the search engine will find it for you. You may pick an icon for both "<<Yes>> icon" and "<<No>> icon".

### «Yes» icon

 [Pick an icon](#)

### «No» icon

 [Pick an icon](#)

[Hide](#)

Type a keyword to find an icon ↑ or pick from below ↓



## Timer parameters

For *Timer* type of goals, you can set *Aggregate functions*.

### Aggregate function

- ☐ none: show the last value
- ☐ summation:  $1 + 2 + 3 = 6$
- ☐ average:  $(1 + 2 + 3) / 3 = 2$
- ☐ maximum:  $\max(1, 2, 3) = 3$
- ☐ minimum:  $\min(1, 2, 3) = 1$

 or 

**Aggregate function:** Choose any of the functions depending on how you want your goal to work.

- **None:** If you only want to view the last value you have input.
- **Summation:** If you want to sum up your values over a period of time.
- **Average:** If you want to find the average of your values over a period of time.
- **Maximum:** If you want if you only want to view the highest value over a period of time.
- **Minimum:** If you only want to view the lowest value over a period of time.

## Stopwatch parameters

For *Stopwatch* type of goals, you can set *Aggregate functions*.

### Aggregate function

- ☐ none: show the last value
- ☐ summation:  $1 + 2 + 3 = 6$
- ☐ average:  $(1 + 2 + 3) / 3 = 2$
- ☐ maximum:  $\max(1, 2, 3) = 3$
- ☐ minimum:  $\min(1, 2, 3) = 1$

 or 

**Aggregate function:** Choose any of the functions depending on how you want your goal to work.

- **None:** If you only want to view the last value you have input.
- **Summation:** If you want to sum up your values over a period of time.
- **Average:** If you want to find the average of your values over a period of time.
- **Maximum:** If you want if you only want to view the highest value over a period of time.
- **Minimum:** If you only want to view the lowest value over a period of time.

## Save

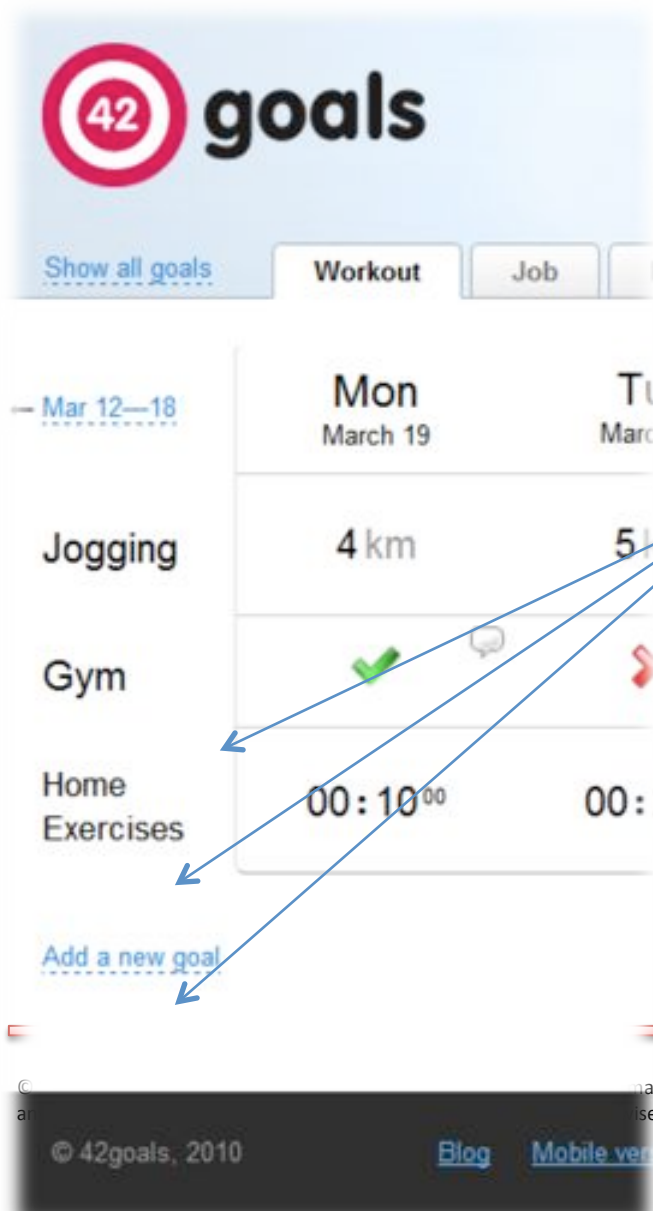
Save your goal by clicking “**Save**”.



**Save** or cancel

Cancel building your goal by clicking “**cancel**”.

## Edit goal



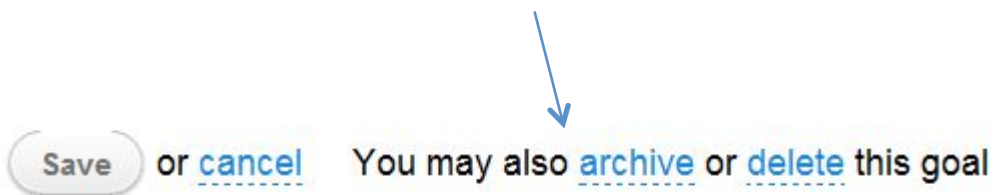
You can *edit* any of your goals by simply clicking on the goal you want to change.

You may completely change your goal. It’s up to you if you want to change a goal dramatically or just a little.

You can make the exact changes you can make when you create a new goal. (See the above section)

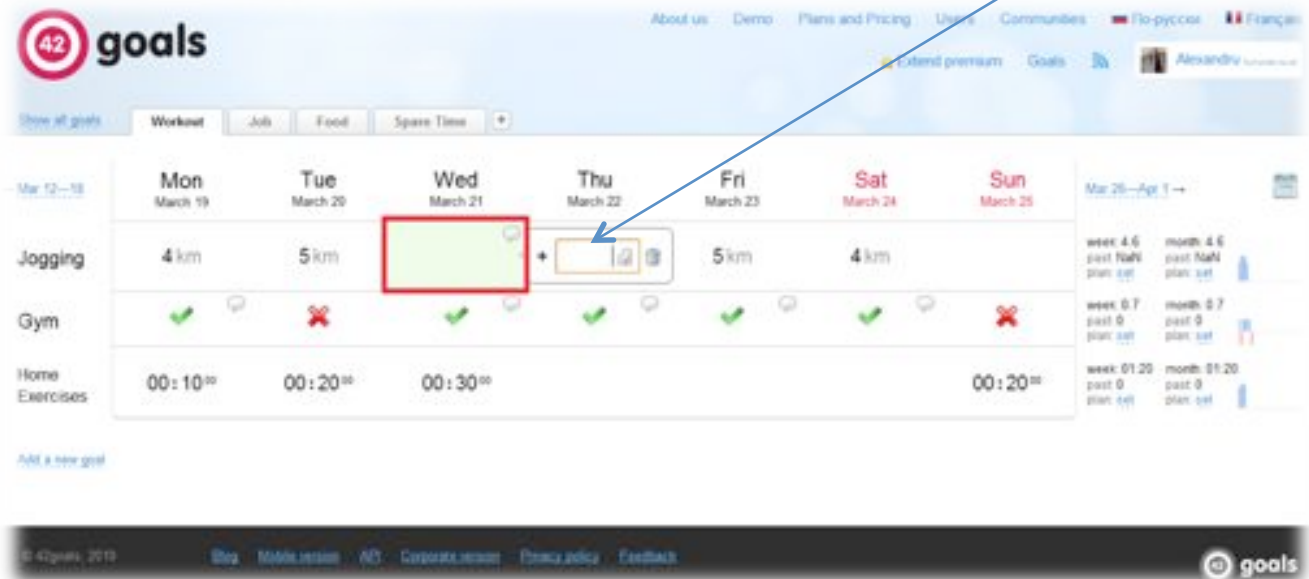
## Delete goal

Click on the goal you want to delete then on the lower side of the console click “delete”.



## Add data to goal

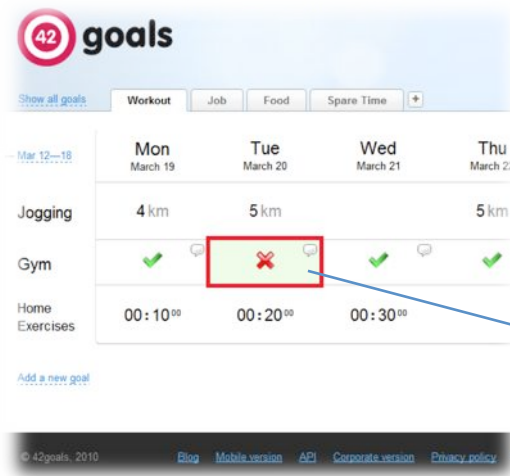
You can add data to your goals by clicking on the slot which is in line with the goal and on the same column with the day. In this case we want to add data to the Jogging goal on Wednesday. Fill out the *data* you want to add to your goal and press enter.



For Boolean or Countable goals just click the goal slot in order to add icons or change from positive marks to



negative.



Take the *Gym* goal to the left for example. You didn't plan on going to the gym on Tuesday but you actually did attend because you had nothing else to do.

Click the goal slot once to clear it up and then click it one more time for the positive Boolean icon to appear.



## Archive

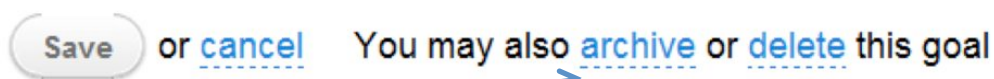
Archiving goals can be in handy when you want to store your goals somewhere else other than your console. You can save up space and time and organize your console in order to ease your experience with **42goals** application.

Goals will be completely removed from the console and stored in an archive. Information will not be lost and the layout of the goal will remain the same.

You can always resurrect your goals (see upcoming sections).  
You may also delete your goals from the archive.

## How to archive a goal

In order to archive a goal, click the goal itself then scroll down on the bottom of the page:



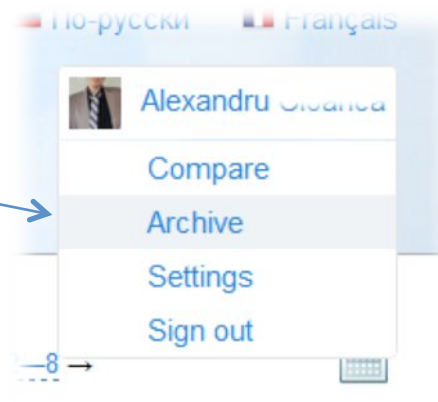
Click "*archive*" in order to archive your goal. The goal will instantly become archived with no confirmation. Keep in mind you can always resurrect your goal in case you miss clicked.

## List archived goals

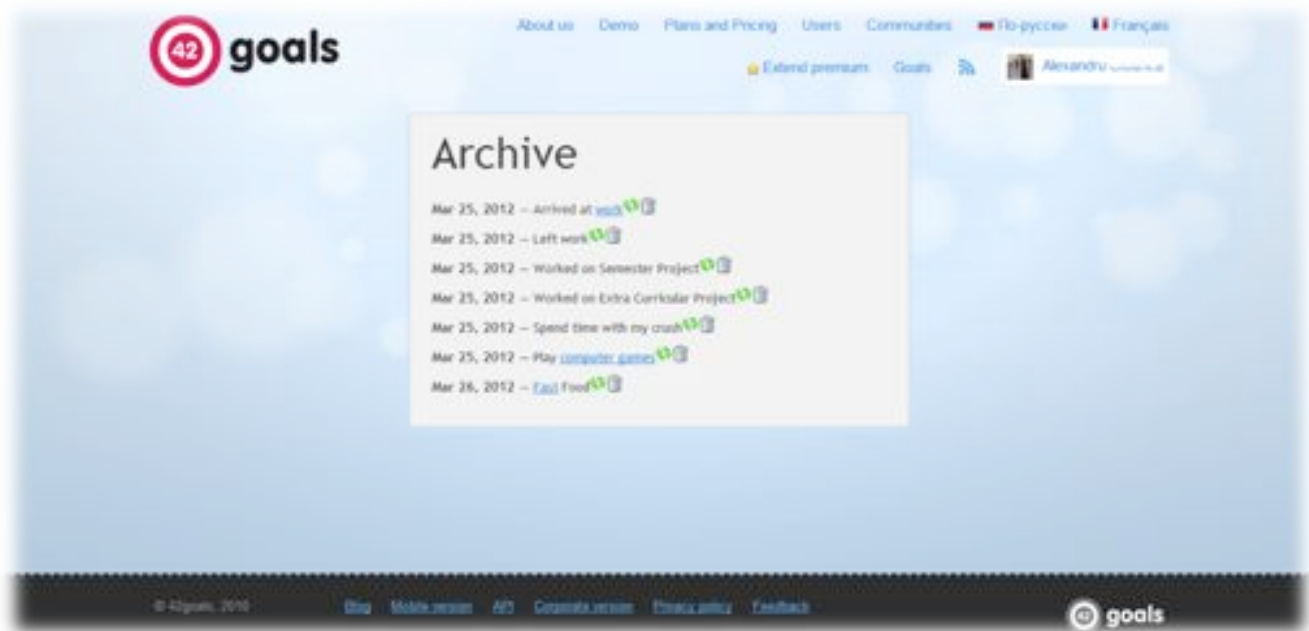
You can view the list of your archived goals.

Mouse over your name on the top right of the screen and click “Archive” on the drop down menu.

You can see the list of archived goals down below.



The list of archived goals looks like this. Goals are listed in the order you have archived them.



## Resurrect goal



Resurrecting a goal means bringing it back to your goals console. You can do this by opening up your archive list (see how above).

Click the *green icon*, between the goal name and the trash bin.



## Delete archived goal

You can permanently delete a goal from your Archive.



Click the *trash bin* next to the *resurrect button*.

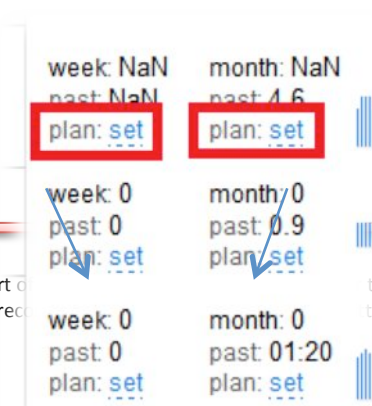
## Plan Goal

There are two ways you can plan goals. You can either *quickly plan* it or make up *multiple plans*.

### Quick plan

Pick a goal group, spot your goal and look to the right side of the console.

Quickly plan a goal for the upcoming week or month by clicking on either of the “Set” buttons, to plan your goal for.

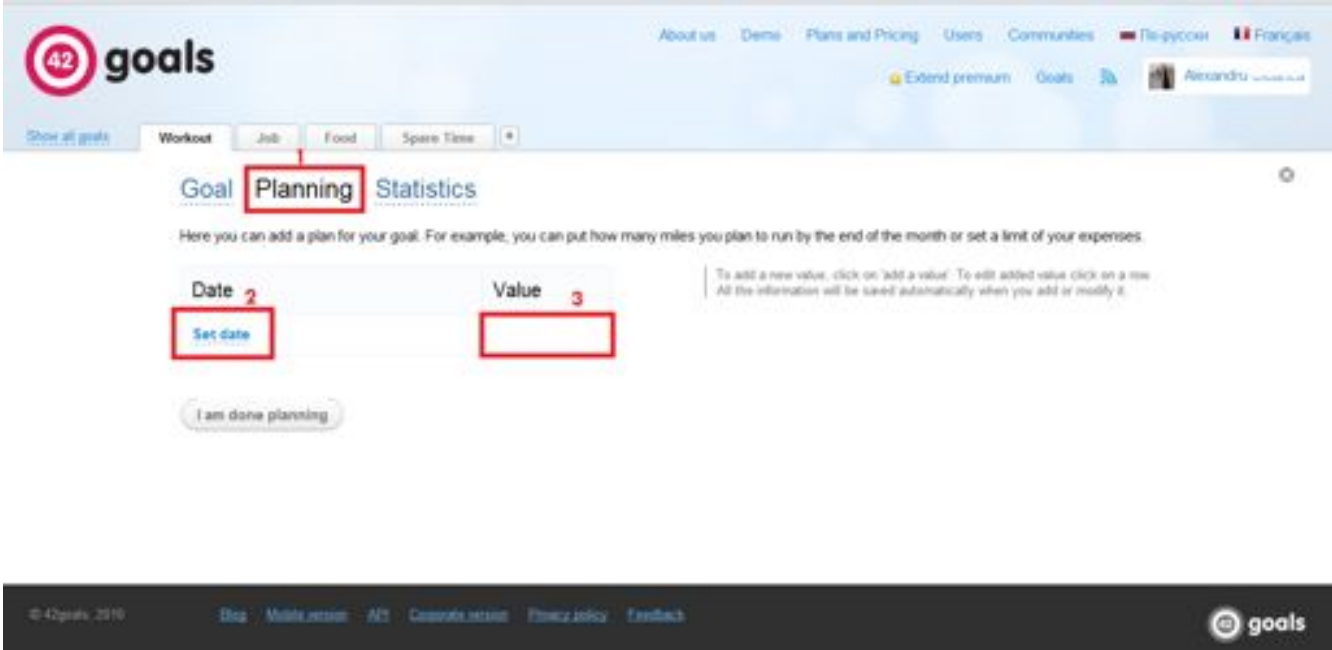


upcoming week or month by clicking depending on the period you want

## Multiple planning

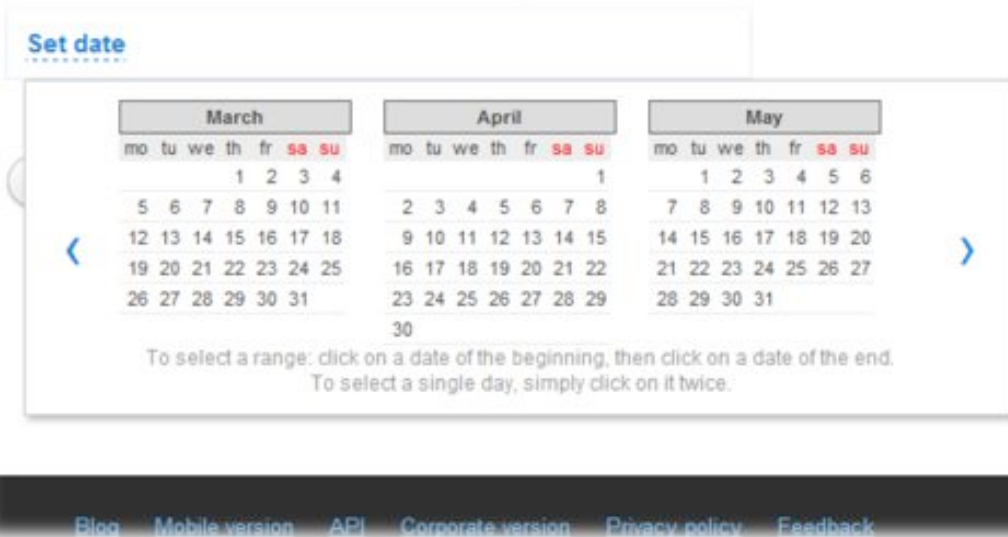
Multiple planning means that you can have several plans set for the same goal. You need to click the goal you want to set a plan for before the following console will show up.

1. Click “**Planning**” in order to specifically open up the planning console.



The screenshot shows the 42goals website interface. At the top, there's a navigation bar with the 42goals logo, links for 'About us', 'Demo', 'Plans and Pricing', 'Users', 'Communities', and language options 'Русский' and 'Français'. Below this is a user profile section with 'Extend premium', 'Goals', and a user avatar named 'Alexandra'. The main content area has tabs for 'Goal', 'Planning', and 'Statistics'. The 'Planning' tab is selected and highlighted with a red box. Below the tabs, there's a text prompt: 'Here you can add a plan for your goal. For example, you can put how many miles you plan to run by the end of the month or set a limit of your expenses.' There are two input fields: 'Date' with a red '2' and a 'Set date' button (both highlighted with red boxes), and 'Value' with a red '3' and an empty input box (also highlighted with a red box). A button labeled 'I am done planning' is at the bottom. A footer bar contains copyright information, links for 'Blog', 'Mobile version', 'API', 'Corporate version', 'Privacy policy', and 'Feedback', along with the 42goals logo.

- Set the date for your goal. Once you click “Set date” a calendar will show up with the current month and 2 months ahead.



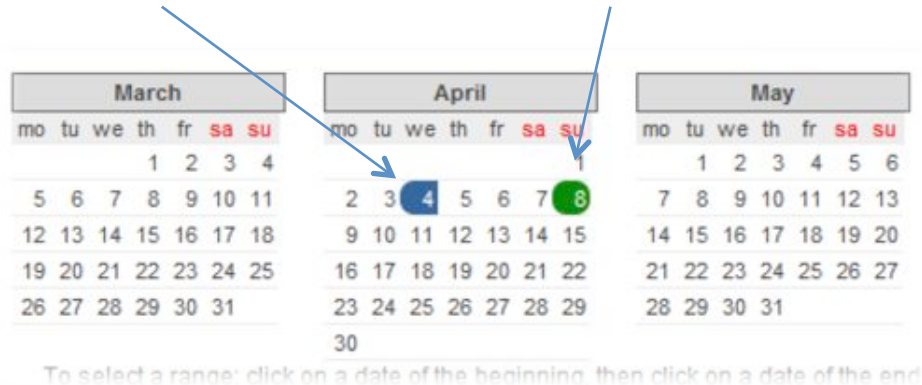
**Set date**

March							April							May						
mo	tu	we	th	fr	sa	su	mo	tu	we	th	fr	sa	su	mo	tu	we	th	fr	sa	su
					1	2							1							
5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27
26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31			
							30													

To select a range: click on a date of the beginning, then click on a date of the end.  
To select a single day, simply click on it twice.

[Blog](#) [Mobile version](#) [API](#) [Corporate version](#) [Privacy policy](#) [Feedback](#)

You can either select a deadline by double clicking a date, or you can select a whole period by firstly selecting the *beginning date* then secondly clicking the *end date*.



March							April							May						
mo	tu	we	th	fr	sa	su	mo	tu	we	th	fr	sa	su	mo	tu	we	th	fr	sa	su
					1	2							1							
5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27
26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31			
							30													

To select a range: click on a date of the beginning, then click on a date of the end.

- Input your target goal in the shown area. You can always change the values afterwards.

The list builds up as you keep adding plans to your goal as shown in the following figure.



**Goal Planning Statistics**

Here you can add a plan for your goal. For example, you can put how many miles you plan to run by the end of the month or set a limit of your expenses.

Date	Value
Apr 10	2
Mar 8 - 11	10

To add a new value, click on 'add a value'. To edit added value click on a row. All the information will be saved automatically when you add or modify it.

[Set date](#)

[I am done planning](#)

Click “I am done planning” once you have set your plans for this goal.

## Delete plan

Open up the Planning console. Mouse over the plan you want to delete. The trash bin will show up to the left of the plan.

Click the bin in order to delete your goal. The goal will immediately delete with no confirmation.

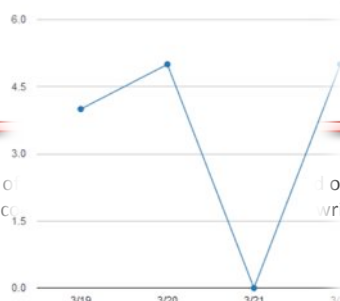
Date	Value
 Apr 10	2
Mar 8 - 11	10
<a href="#">Set date</a>	

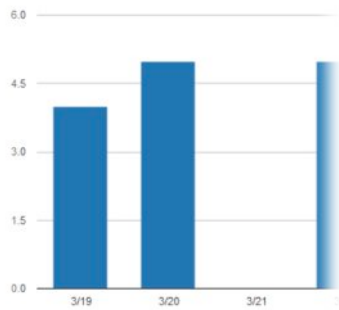
## View Statistics

Open the statistics console by clicking on the goal you want to overview then select “Statistics”.



- 1. Choose chart type:** Choose what kind of chart you like to use to overview your goal with. You can choose between *Column Chart*, *Line Chart* and *Area chart*.



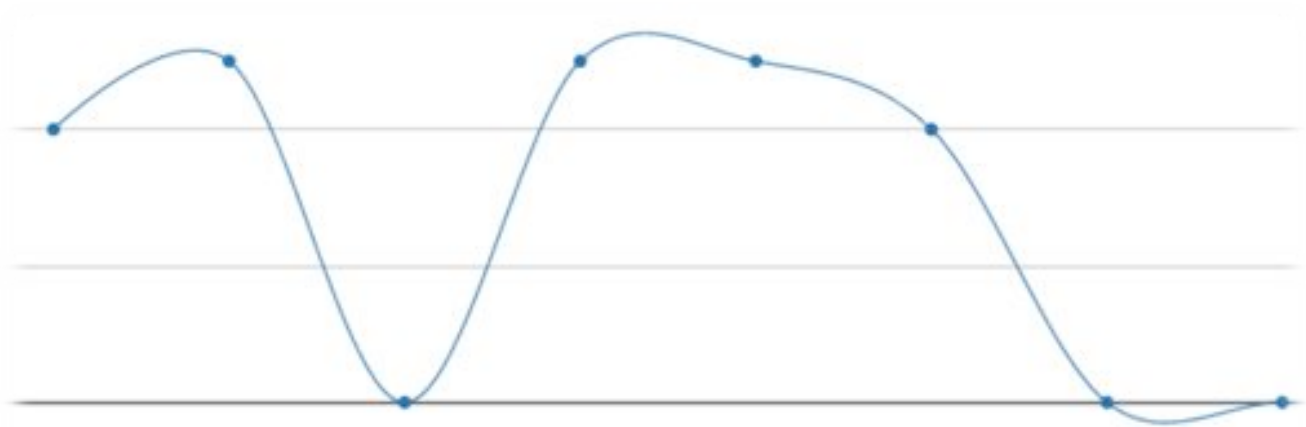
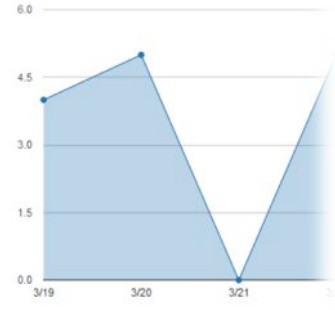


**2. Choose period and group:** Choose the period you want to overview (week, month, quarter, year, all time) and the way you want to group the data (days, months, weeks).

**3. Additional options:** There are a set of additional options you may choose for viewing your chart. Tick the corresponding checkbox in order to

activate them.

- *Accumulate values:* Sorts the values in an ascending way.
- *Fill empty values:* Covers any empty value slots. Makes sure there are no gaps in the graph.
- *Interpolate line (only available for Line charts):* It changes the line of your chart giving it a curved shape just like in the below figure.



Below the chart you can see a table containing the dates covered by the chart. Its purpose is to compare your actual values with the planned ones. In this case, no plans were set.

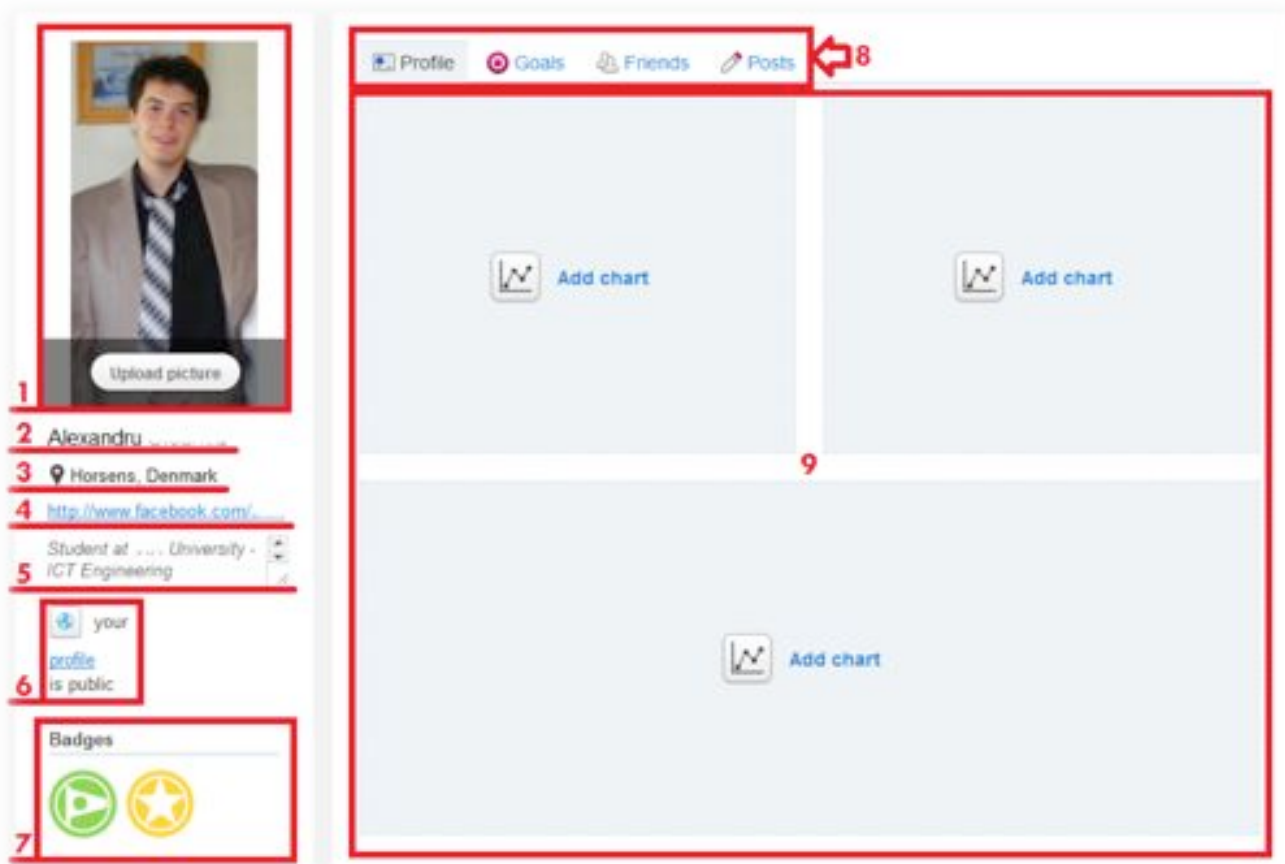
Date	Value	Planned
Monday, March 19	4	-
Tuesday, March 20	5	-
Wednesday, March 21	0	-
Thursday, March 22	5	-
Friday, March 23	5	-
Saturday, March 24	4	-
Sunday, March 25	0	-
Monday, March 26	0	-
Tuesday, March 27	0	-

# Profile Page








Open up your profile page by clicking on *your name* on the top right side of the screen.

This is your profile page:



1. **Profile picture:** View your profile picture. You can upload a new profile picture by clicking “*Upload Picture*”. (Profile picture is automatically imported if you register via Facebook or Twitter).
2. **Name:** That is your profile name. You may change it by simply clicking on it. (Name is automatically imported if you register via Facebook or Twitter).
3. **Location:** This is your location. You can always update it by clicking on it. (Location is automatically imported if you register via Facebook or Twitter)



4. **Facebook link:** You can add your Facebook link here. Your profile link is automatically imported when you register via Facebook.
5. **Words about yourself:** Type in a few words about yourself by clicking on the field.
6. **Profile status:** You can either have your profile being private or public. Simply click on the icon in order to swap between statuses.
7. **Badges:** The badge system is a way of making you stand up depending on your activity on **42goals**. In other words, the more active you are the better your badges. There are 4 types of badges.
  -  a. **Newbie:** Badge awarded as soon as the user's first goal was marked.
  -  b. **Diligent:** Badge awarded after 5 days of recording goals.
  -  c. **Progressive:** Badge awarded after one month of activity.
  -  d. **Social:** Badge awarded after you add 3 friends to your list.
  -  e. **Premium:** Badge awarded when you upgrade your account to Premium.
8. **Profile tabs:** You can switch between the 4 profile tabs. (Each tab will be expanded in the following sections)
  - a. **Profile:** You can add 3 goal charts to your main Profile Tab.
  - b. **Goals:** You can publish goals and leave comments to certain weeks.
  - c. **Friends:** You can search for friends or see your friend requests.
  - d. **Posts:** You can post and share ideas and thoughts. Your friends will be able to like, tweet and comment on your posts.
9. **Profile console:** Here is where your profile console is. Depending on what tab you select, certain options will be available. (In the above example the *Profile* tab is open – here you can add up to 3 goal charts to your profile)

## Profile console tabs

In this section the Profile console tabs are going to be expanded.



## Profile tab

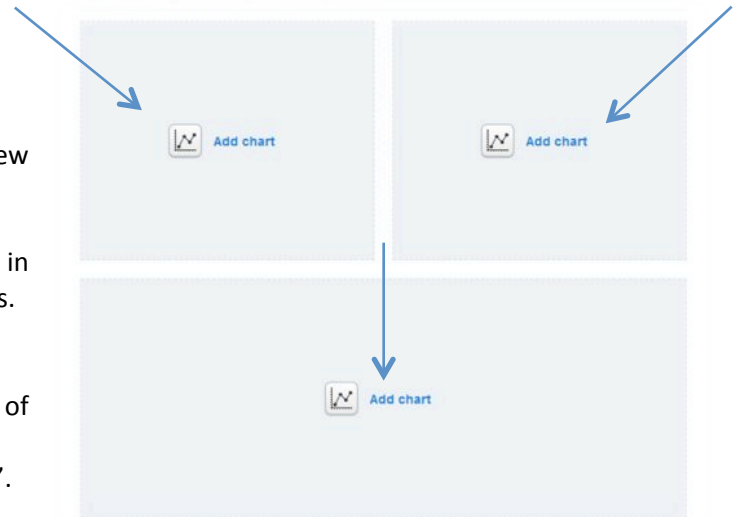
On your Profile Tab you have the possibility to add up to 3 goal charts. Usually the ones you want people to notice. You can always edit these charts or even delete them.

### Add chart

Click any of the “Add chart” buttons in order to add a new chart to the respective slot.

Adding a chart works just like Viewing Statistics (see in the above sections) only that it has some bonus features.

1. Select the *goal* you wish to create a chart for.
2. Pick a chart type. There is also an extra type of chart called *Pie Chart* (See below).
3. Give a title to your chart by clicking “Select title”.
4. Click “**Save chart**”.




The screenshot shows the 'Add chart' interface with three main sections: 1. Choose goal and type, 2. Choose period and group, and 3. Additional options.

**Step 1:** A dropdown menu is set to 'Jogging'.

**Step 2:** Four chart type icons (bar, line, area, pie) are shown below the dropdown.

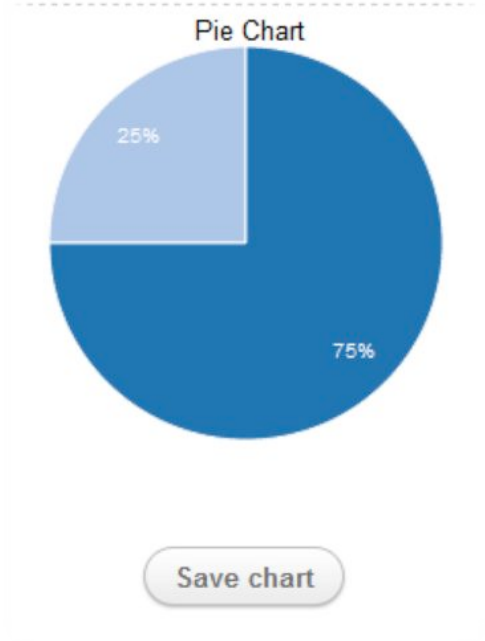
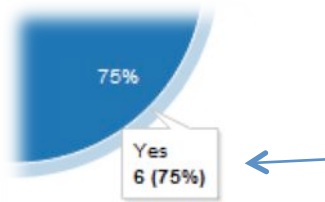
**Step 3:** The 'Set title' button is highlighted. Below it is a bar chart showing data for dates 3/20 through 3/27. The y-axis ranges from 0 to 8. The data points are approximately: 3/20: 5, 3/21: 0, 3/22: 5, 3/23: 5, 3/24: 4, 3/25: 0, 3/26: 6, 3/27: 5.

**Step 4:** The 'Save chart' button is highlighted.

**Additional options:** Three checkboxes are visible: 'accumulate values' (checked), 'fill empty values' (checked), and 'interpolate line' (checked).

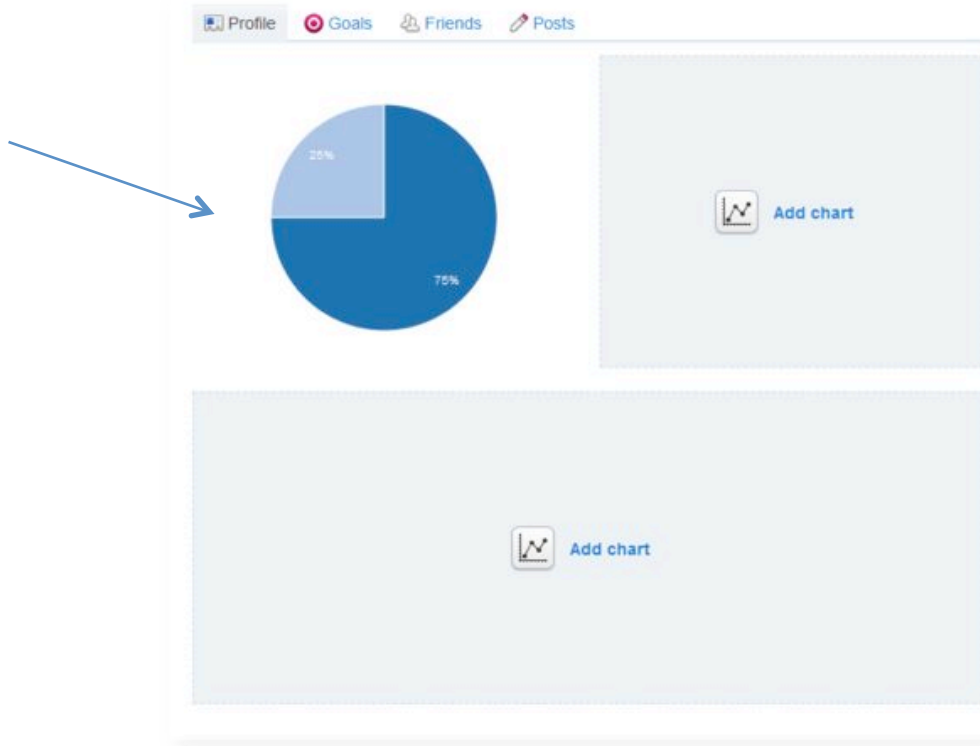


This is what the *Pie Chart* looks like.



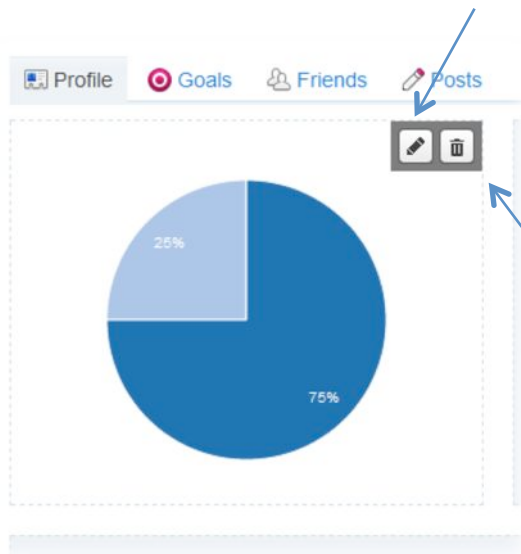
You can mouse over any of the slices (the outline of the slice will highlight) in order to view *extra details* like the goal values. (In this example 6 which represents 75% of the overall goal.

After you click “Save chart” the chart will be added to your Profile Tab and it should look like this:



## Edit chart

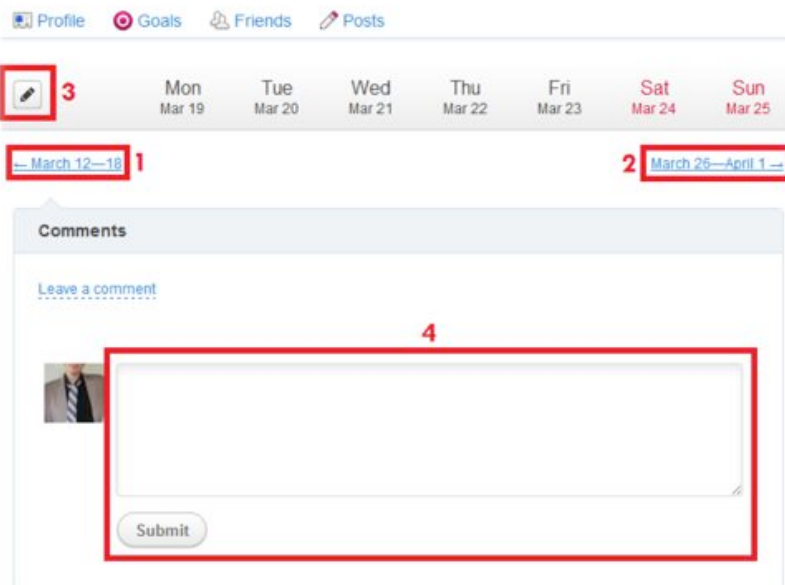
Edit any of your charts by clicking on the *edit button* which shows up when you mouse over the chart. When you edit your chart you can do everything you could when you add a new one.



### Delete chart

You can delete a chart from your Profile Tab by clicking on the trash bin next to the Edit button. You will be asked for confirmation if you attempt to delete a goal.

## Goals tab



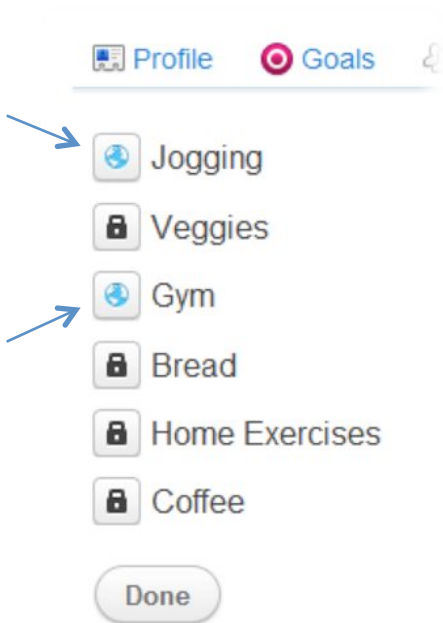
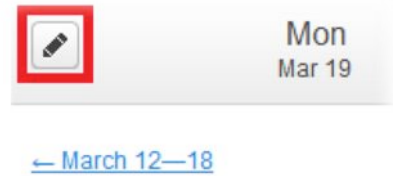
### Display

On the Goals tab you can:

1. View previous week.
2. View next week.
3. Post goals.
4. Submit comments.

## Post goal

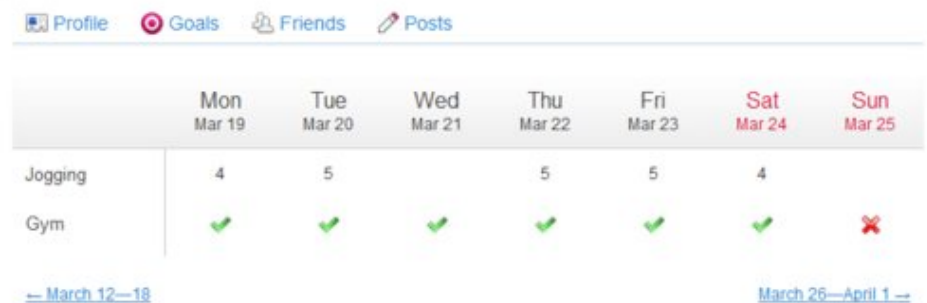
Click the *highlighted button* on the top left side of your screen. The button only shows up when you mouse over any part of the week (The gray row that contains the days of the week).



When you click the button above, the menu to the left will drop down. This menu contains all your available goals (Archived goals are not included).

In order to post a goal you need to make it public. Simply click the “Lock icons” if you want to make a goal public.

The icon will immediately change to blue. This means your goal is now public. And they will show up on the Goals Tab (See the image below)(If you are not used to the console, read up on Console and Profile page).

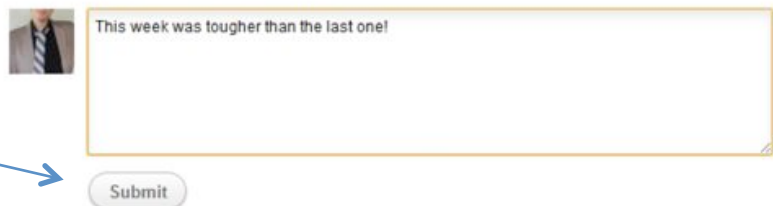


	Mon Mar 19	Tue Mar 20	Wed Mar 21	Thu Mar 22	Fri Mar 23	Sat Mar 24	Sun Mar 25
Jogging	4	5		5	5	4	
Gym	✓	✓	✓	✓	✓	✓	✗

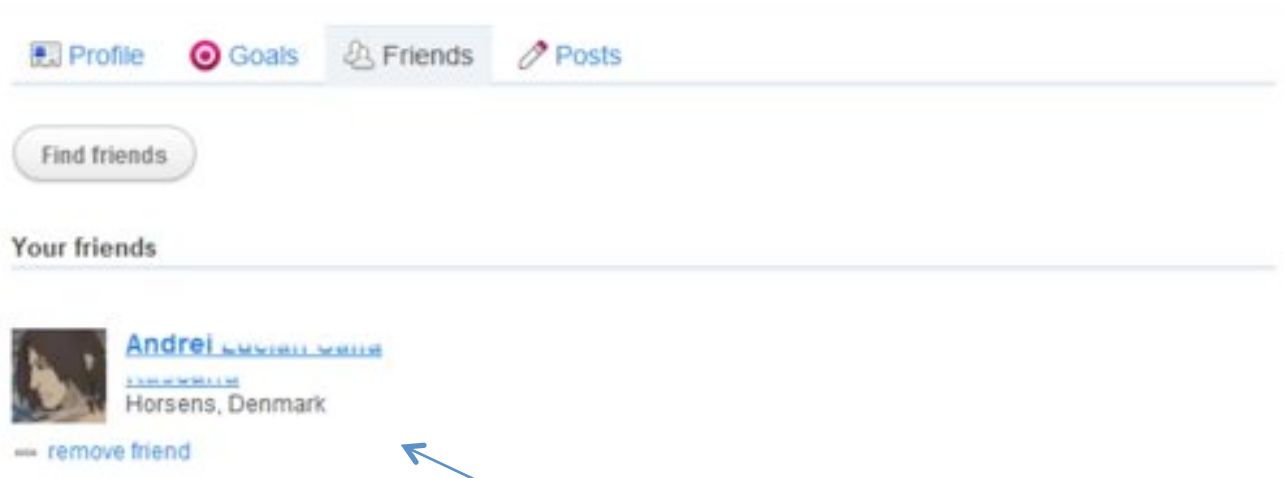
## Comment

Fill out the field with your comment.

Click “**Submit**”.



## Friends tab



Here you can Find friends and see the list of your *current friends*.

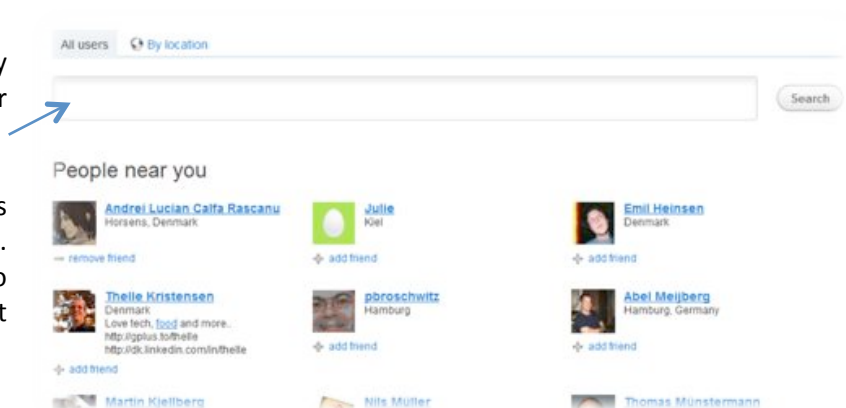
## Find friends

Click “Find friends”.



## Search

You can search for your friends by typing their name in the search bar then click “Search” on the right side.



Another way of searching for friends is scrolling down through the pages. People are sorted to some extent so that it is easier for you to find the right friends.

Firstly you will see the “Friends near you” (estimated by the location you have set), then the “Similar Friends” (Similar Friends have goals that are similar to yours) and then there are the “Recent users”. The list goes on for a while, there are plenty of friends to meet and share goals with.

## Global Locations

You can look for new friends from all around the world in a much easier way. Just look around the world map and pick friends with the click of a button.

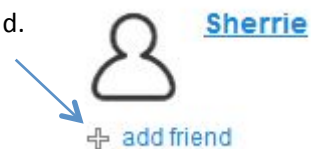
As you can see, **42goals** managed to spread throughout the world. The highest concentration of users is in Europe and The United States of America but there are users trying to achieve their goals all over the world covering almost every continent.



## Add friend

Click the “add friend” button next to the person you want to add as a friend.

All users have the “add friend” button next to them if they are not in your friends list.



## Cancel request

You can cancel a friendship request at any time if the person you have sent a request to hasn't yet accepted.

Simply click "cancel request". "Cancel request" will always show up instead of "add friend" once you send a friendship request.



## Remove friend

You can remove any of your friends from the friends list.

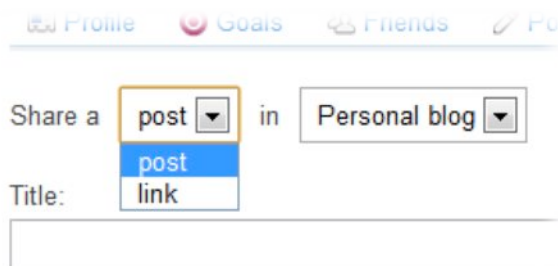
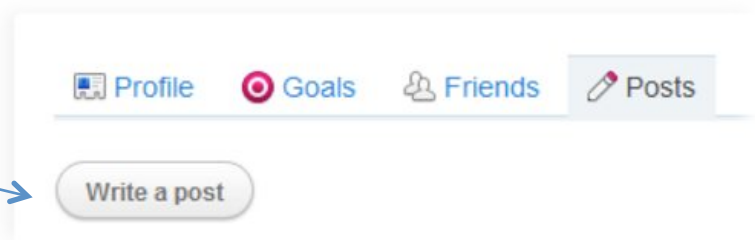
Click "remove friend". "Remove friend" will always show up instead of "add friend" or "cancel request" once a user becomes your friend.



## Posts tab

### Write a post

Click "Write a post" in order to post something.



Start off by choosing whether you want to post something yourself or share a link.

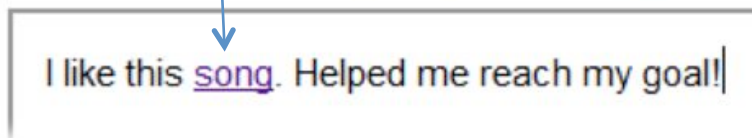
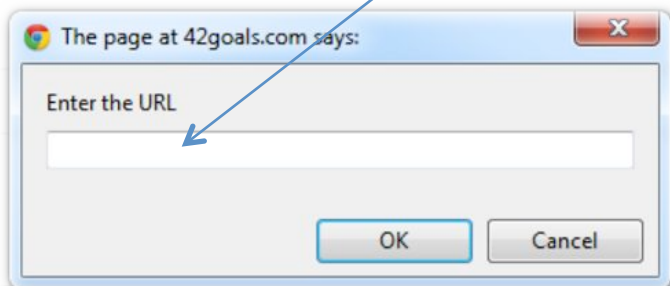
Give a title to your post then carry on to the content. There are two ways of editing your content, either with the WYSIWIG editor or the HTML editor (See below).



## WYSIWYG editor

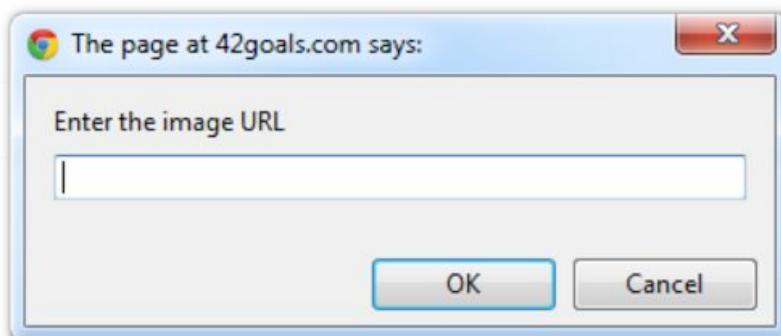
The WYSIWYG editor is actually the simplest way to write your post. You have a set of tools at hand that can help you easily enhance your post.

1. **Switch Button:** Switches between editor modes.
2. **Bold:** Converts text to a bold style.
3. **Italic:** Converts text to italic style.
4. **Clear:**
5. **Insert Numbered List:** Inserts a new numbered list or converts selection into numbered list.
6. **Insert Bulleted List:** Inserts a new bulleted list or converts selection into bulleted list.
7. **Insert Link:** Insert a *new link* into your post or transform *selected text* into a clickable link.



In order to add a link to a selected text you must first select your text, and then click the *Insert Link Button*.

8. **Remove Link:** Removes the link from the selected text.
9. **Insert Image:** Inserts an image from a link (You cannot upload images from your computer).

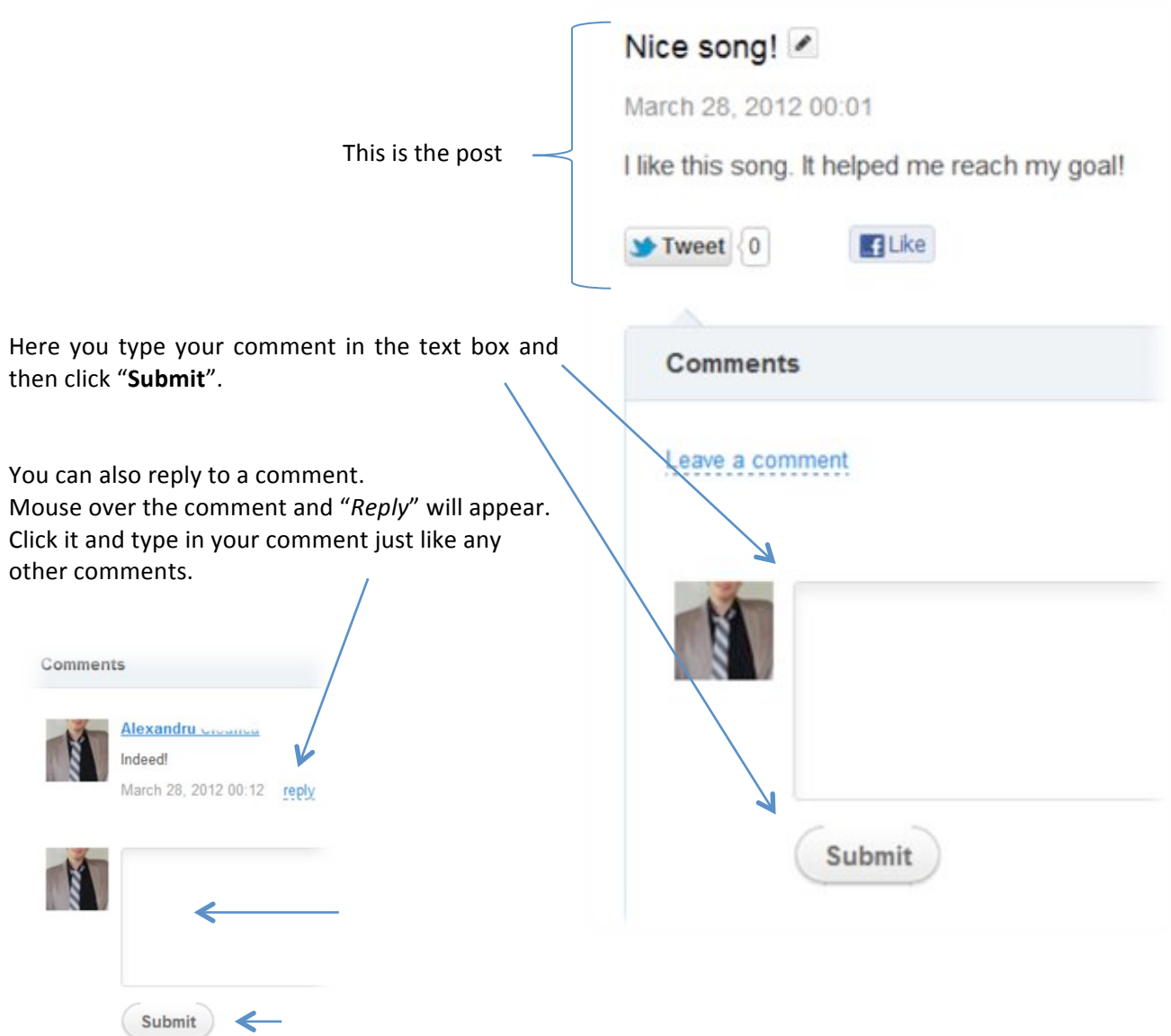


## HTML editor

You can use the HTML editor to insert HTML code to your post or if you want to convert your post to HTML before you post it. Editor tools work just like in the WYSIWYG Editor (See above).

## Comment

You can always comment on your posts or any of your friends' post.



This is the post

Nice song! ✎

March 28, 2012 00:01

I like this song. It helped me reach my goal!

Tweet 0 Like

Here you type your comment in the text box and then click **Submit**.

You can also reply to a comment. Mouse over the comment and *Reply* will appear. Click it and type in your comment just like any other comments.

Comments

Leave a comment

Submit

Comments

Alexandru [View profile](#)


Indeed!

March 28, 2012 00:12 [reply](#)

Submit



## Edit

Nice song! 

March 28, 2012 00:01

I like this song. It helped me reach my goal!




You can edit any of your posts by clicking the *Edit* button next to the *Post Title*.

Doing this, you will be sent to the WYSIWYG/HTML Editor (See above sections) in order to make the desired changes.

## Tweeting and liking

Click "Tweet" to tweet about this post.  
Click "Like" to like this post.

Nice song! 

March 28, 2012 00:01

I like this song. It helped me reach my goal!



## Communities

Communities are groups of Users, often with the same goals. When people want to achieve something they group up in order to form a stronger team. This way they can help each other in various ways and. This is also a good way of making new friends over 42goals' network.


[About us](#)
[Demo](#)
[Plans and Pricing](#)
[Users](#)
[Communities](#)
[По-русски](#)
[Français](#)
[Extend premium](#)
[Goals](#)

[Alexandru Cloancă](#)

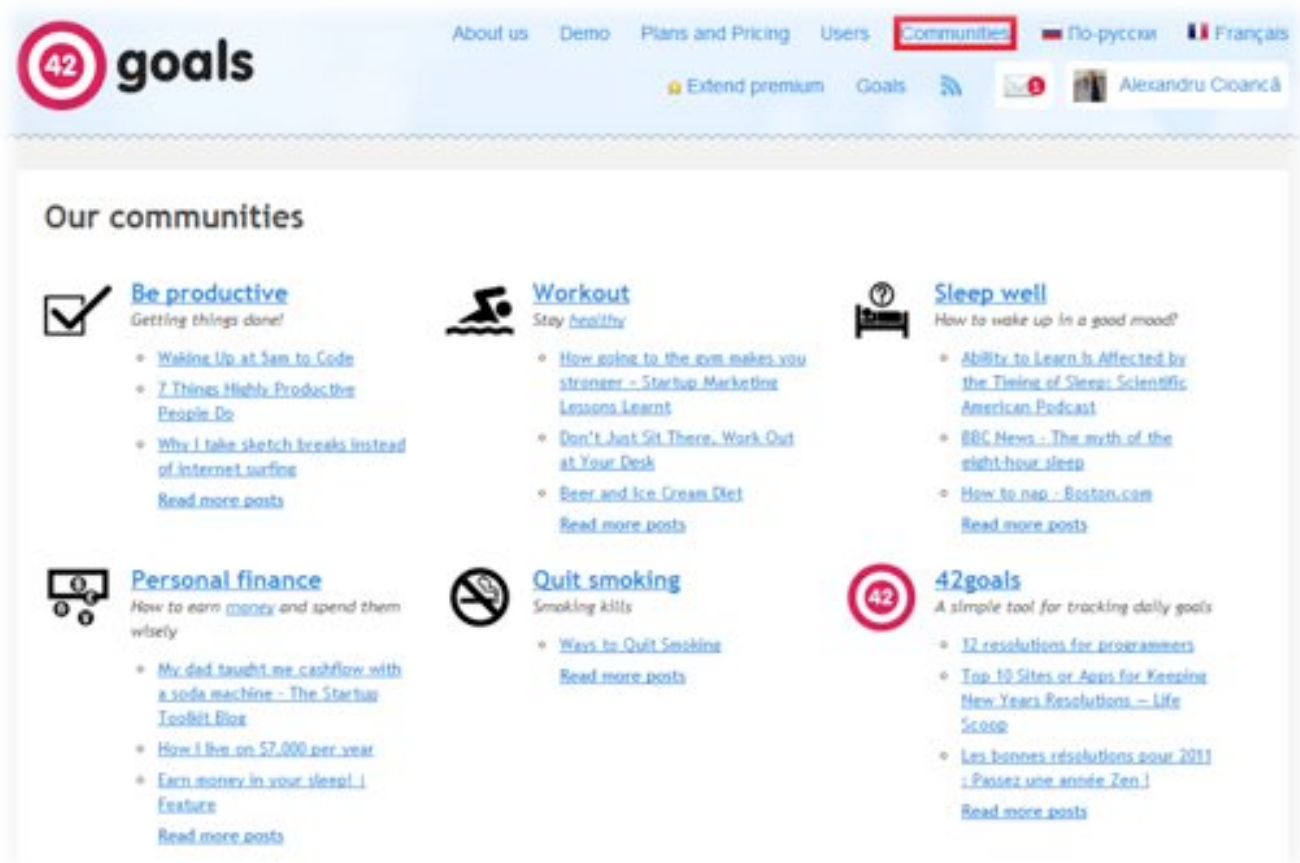
## What to join

Usually, Users join communities where they think they would fit. You should pick a community which you think you may be a good part of. For example if you wish to quit smoking you should join the “Quit Smoking” community. It is all down to you and your goals!

## How to join

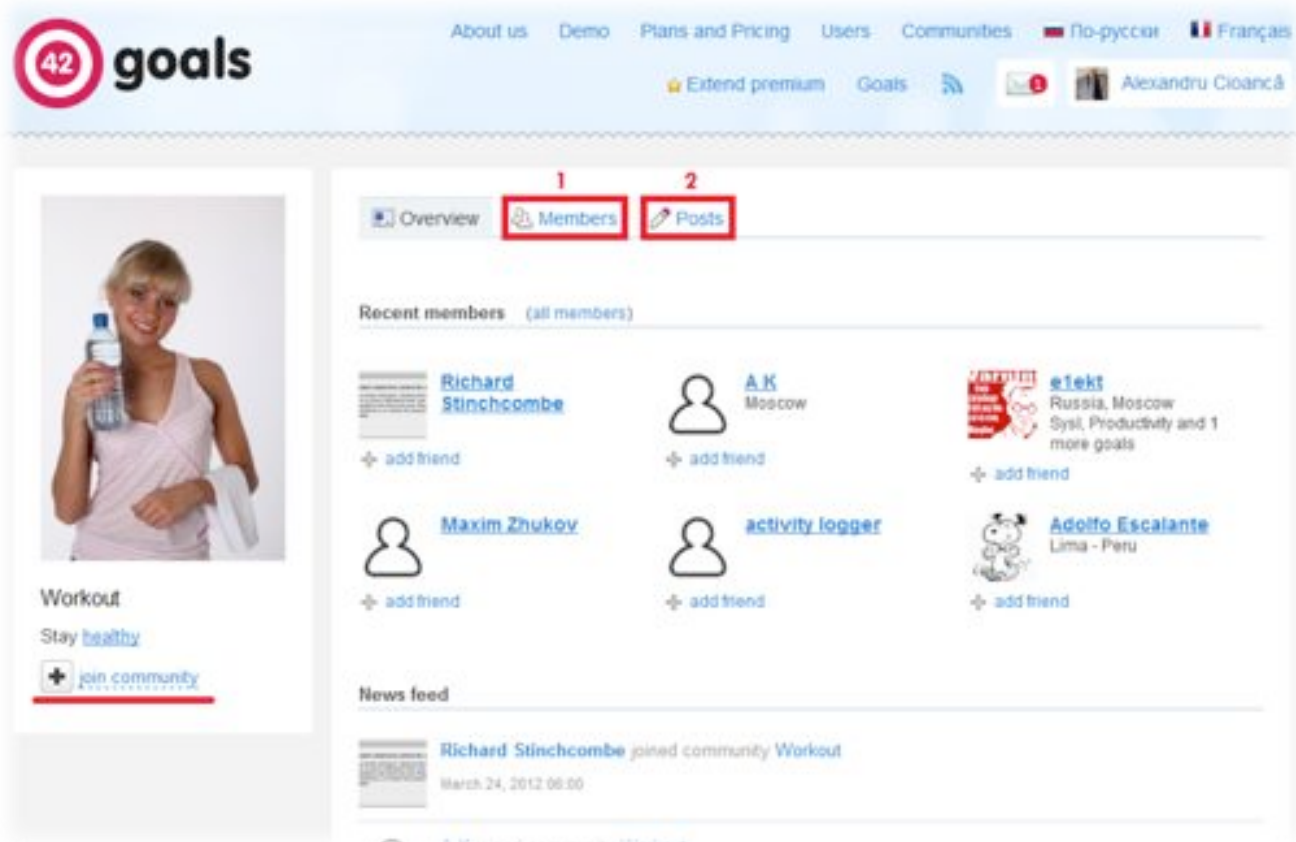
Open the Communities page and check out which of the groups fit you best. Which one do you think you would need to be part of? There are a number of Communities already formed, better check them out!

Simply click on any of them.



Click “*join community*” in order to join. You will receive news feeds and notifications from this Community. In this example you can see the *Overview Page* of the “**Workout**” community.

1. Browse through the community’s members.
2. Browse through the community’s members posts.



Congratulations! You have are now familiarized with the 42goals online application and all of its functionalities!

# API (For developers)

Hello developers!

Here is a quick tutorial on 42goals API. The two keywords you should know are: REST and OAuth, as we use these two standards in our API design. In general, your application will send a simple HTTP request and obtain an XML or JSON response.

- Getting started
- Requests and responses
- Resources
  - Goals
  - Icons
  - Data
  - Me

## Getting started

In order to use the API, you need to register your application. For that you will need an account at 42goals.com. Simply login your account and go to the applications page. You will need to come up with an application name and a description. They will be used to tell users about your app. In return you will receive two tokens: app key and secret. Both 32-character-length hex strings that are used in OAuth workflow. Keep them in a safe place, especially, the secret string. If you are not familiar with OAuth a good place to start is here: <http://hueniverse.com/oauth/>. It is also a good idea to use a ready-made library for your programming language and environment: <http://oauth.net/code/>.

## Authorization and authentication

We use OAuth for authentication of apps and managing access to users' data. Once you have obtained tokens for your app, here are the access points for OAuth workflow:

- Get request token: [http://api.42goals.com/v1/oauth/request\\_token/](http://api.42goals.com/v1/oauth/request_token/)
- Authorize token: [http://42goals.com/settings/authorize/\\$REQUEST\\_TOKEN/](http://42goals.com/settings/authorize/$REQUEST_TOKEN/)
- Get access token: [http://api.42goals.com/v1/oauth/access\\_token/](http://api.42goals.com/v1/oauth/access_token/)

## Requests and responses

42goals API is designed in REST-style, i.e. you will make HTTP requests and we give you a response in XML or JSON formats. GET requests are used to retrieve data, POST for adding new data, PUT for modifying existing data, and DELETE will erase data. For example:

- GET <http://api.42goals.com/v1/goals/1/> — returns information of the goal with ID=1
- POST <http://api.42goals.com/v1/goals/> — adds a new goal
- PUT <http://api.42goals.com/v1/goals/1/> — edits the goal with ID=1
- DELETE <http://api.42goals.com/v1/goals/1/> — deletes the goal with ID=1

By default, all the responses are given in XML format. You may pass an HTTP header “Accept: text/json” to set the JSON format.

## Resources

## Goals

Goal is a user's objective for which he tracks the data. A goal has the following fields:

Name	Type (max-length)	Description
id	integer	a unique identification number of a goal
type	one of: "boolean", "numeric", "counter"	type of the data stored for the goal
title	string (255)	goal's name
text	string (65536)	goal's description
position	integer	goal's order in the list of goals, used for sorting goals
icon_item	integer	icon's ID for counter goals
icon_true	integer	icon's ID for boolean goals to represent true value
icon_false	integer	icon's ID for boolean goals to represent false value
unit	string (32)	goal's unit of measurements
prepend	"yes" or "no"	whether the unit of measurements should be before the value, such as for "\$100"
aggregate	one of: "none", "sum", "avg", "min", "max"	goal's aggregate function

Request: GET <http://api.42goals.com/v1/goals/>

Description: lists all user's goals

Parameters: none

Response:

```
<?xml version="1.0"?>
```

```
<root>
```

```
  <goal>
```

```
    <id>1</id>
```

```
    <type>boolean</type>
```

```
    <title>Productivity</title>
```

```
<text>Productivity is a measure of output from a production process
</text>
<position>1</position>
<icon_item>0</icon_item>
<icon_true>19</icon_true>
<icon_false>20</icon_false>
<unit></unit>
<prepend>no</prepend>
<aggregate>none</aggregate>
</goal>
<goal>
  <id>2</id>
  <title>Jogging</title>
  <type>numeric</type>
  <text>Jogging every day helps me to wake up and stay focused all day long</text>
  <icon_item>0</icon_item>
  <icon_true>0</icon_true>
  <icon_false>0</icon_false>
  <position>2</position>
  <unit>m</unit>
  <prepend>no</prepend>
  <aggregate>sum</aggregate>
</goal>
</root>
```

Request: POST <http://api.42goals.com/v1/goals/>

Description: add a new goal

Parameters: goal info (see the table above)

Examples of the POST body:

1. type=numeric & title=Jogging & unit=km
2. type=boolean & title=Productivity & icon\_true=1 & icon\_false=1
3. type=counter & title=Coffee & icon\_item=3

Response:

```
<?xml version="1.0"?>
<root>
  <goal>
    <id>1</id>
    <type>numeric</type>
    <title>Jogging</title>
    <unit>km</text>
  </goal>
</root>
```

Request: GET [http://api.42goals.com/v1/goals/\\$GOAL\\_ID/](http://api.42goals.com/v1/goals/$GOAL_ID/)

Description: get info of the goal with ID = \$goal\_id

Parameters: none

Response:

```
<?xml version="1.0"?>
<root>
  <goal>
    <id>1</id>
    <type>boolean</type>
    <title>Productivity</title>
    <text>Productivity is a measure of output from a production process
    </text>
    <position>1</position>
    <icon_item>0</icon_item>
    <icon_true>19</icon_true>
    <icon_false>20</icon_false>
    <unit></unit>
    <prepend>no</prepend>
    <aggregate>none</aggregate>
  </goal>
</root>
```

Request: PUT [http://api.42goals.com/v1/goals/\\$GOAL\\_ID/](http://api.42goals.com/v1/goals/$GOAL_ID/)

Description: edit goal with ID = \$goal\_id

Parameters: goal info (see the table above)

Example of the PUT body:

title=Jogging & text=Jogging is good

Response:

```
<?xml version="1.0"?>
<root>
  <goal>
    <id>1</id>
    <title>Jogging</title>
    <text>Jogging is good</text>
  </goal>
</root>
```

Request: DELETE [http://api.42goals.com/v1/goals/\\$GOAL\\_ID/](http://api.42goals.com/v1/goals/$GOAL_ID/)

Description: delete goal with ID = \$goal\_id

Parameters: none

Response:

```
<?xml version="1.0"?>
<root>
  <ok>ok</ok>
```



</root>

## Icons

Name	Type (max-length)	Description
id	integer	icon's ID
src	string (255)	URL of icon's image
editable	1 or 0	whether the current user can modify the icon i.e. has to be its owner

Request: GET <http://api.42goals.com/v1/icons/>

Description: get all icons available to the current user

Parameters: none

Response:

```
<?xml version="1.0"?>
<root>
  <icon>
    <id>1</id>
    <src>http://42goals.com/public/img/icons/admin/1.png</src>
    <editable>0</editable>
  </icon>
  <icon>
    <id>2</id>
    <src>http://42goals.com/public/img/icons/admin/2.png</src>
    <editable>0</editable>
  </icon>
  <icon>
    <id>3</id>
    <src>http://42goals.com/public/img/icons/alex/3.png</src>
    <editable>1</editable>
  </icon>
</root>
```

Request: POST <http://api.42goals.com/v1/icons/>

Description: add a new icon

Parameters: image content encoded with base64 algorithm and image name

ex: image=iVBORw0KGgoAAAANSU...RK5CYII= & name=icon.png

Response:

```
<?xml version="1.0"?>
<root>
  <icon>
    <id>1</id>
```

```
<src>http://42goals.com/public/img/icons/admin/1.png</src>
</icon>
</root>
```

Request: GET [http://api.42goals.com/v1/icons/\\$ICON\\_ID/](http://api.42goals.com/v1/icons/$ICON_ID/)

Description: get info of the icon with ID = 1

Parameters: none

Response:

```
<?xml version="1.0"?>
<root>
  <icon>
    <id>1</id>
    <src>http://42goals.com/public/img/icons/admin/1.png</src>
    <editable>0</editable>
  </icon>
</root>
```

Request: DELETE [http://api.42goals.com/v1/icons/\\$ICON\\_ID/](http://api.42goals.com/v1/icons/$ICON_ID/)

Description: delete icon with ID = 1

Parameters: none

Response:

```
<?xml version="1.0"?>
<root>
  <ok>ok</ok>
</root>
```

## Data

Name	Type (max-length)	Description
goal	integer	goal's ID
date	date (YYYY-MM-DD)	day of the log
value	integer or double	value
text	string (65536)	value comment

The date format in the API requests is as follows: ddmmmyy, where dd - is numerical representation of the date, mmm - the first three letters of the month and yy - the last two digits of the year, e.g.: 1aug10 = August 1, 2010.

Request: GET [http://api.42goals.com/v1/data/\\$GOAL\\_ID/\\$DATE/](http://api.42goals.com/v1/data/$GOAL_ID/$DATE/)

Description: get data for goal with ID = \$goal\_id on date = \$date

Parameters: none

Response:

ex: GET <http://api.42goals.com/v1/data/1/1aug10/>

```
<?xml version="1.0"?>
```

```
<root>
```

```
  <date>2010-08-01</date>
```

```
  <goal>1</goal>
```

```
  <data>
```

```
    <value>1</value>
```

```
    <text></text>
```

```
  </data>
```

```
</root>
```

Request: POST [http://api.42goals.com/v1/data/\\$GOAL\\_ID/\\$DATE/](http://api.42goals.com/v1/data/$GOAL_ID/$DATE/)

Description: set data for goal with ID = \$goal\_id on date = \$date

Parameters: value and/or text (see the table above)

ex: value=1 & text=Some comment

Response:

ex: POST <http://api.42goals.com/v1/data/1/1aug10/>

```
<?xml version="1.0"?>
```

```
<root>
```

```
  <date>2010-08-01</date>
```

```
  <goal>1</goal>
```

```
  <data>
```

```
    <value>1</value>
```

```
    <text></text>
```

```
  </data>
```

```
</root>
```

Request: GET [http://api.42goals.com/v1/data/\\$GOAL\\_ID/\\$DATE1-\\$DATE2/](http://api.42goals.com/v1/data/$GOAL_ID/$DATE1-$DATE2/)

Description: get data for goal with ID = \$goal\_id on a period between \$date1 and \$date2 inclusively

Parameters: none

Response:

ex: GET <http://api.42goals.com/v1/data/1/1aug10-3aug10/>

```
<?xml version="1.0"?>
```

```
<root>
```

```
  <date>2010-08-01--2008-08-03</date>
```

```
  <goal>1</goal>
```

```
  <data>
```

```
<date>2010-08-01</date>
<value>1</value>
<text>some comment</text>
</data>
<data>
  <date>2010-08-02</date>
  <value>2</value>
  <text></text>
</data>
<data>
  <date>2010-08-03</date>
  <value>3</value>
  <text></text>
</data>
</root>
```

Request: GET [http://api.42goals.com/v1/data/\\$DATE/](http://api.42goals.com/v1/data/$DATE/)  
Description: get data for all user's goals on date = \$date  
Parameters: none  
Response:

ex: GET <http://api.42goals.com/v1/data/1aug10/>

```
<?xml version="1.0"?>
<root>
  <date>2010-08-01</date>
  <data>
    <goal>1</goal>
    <value>1</value>
    <text>some comment</text>
  </data>
  <data>
    <goal>2</goal>
    <value>2</value>
    <text></text>
  </data>
  <data>
    <goal>3</goal>
    <value>3</value>
    <text></text>
  </data>
</root>
```

Request: GET [http://api.42goals.com/v1/data/\\$DATE1-\\$DATE2/](http://api.42goals.com/v1/data/$DATE1-$DATE2/)

Description: get data for all user's goals on a period between \$date1 and \$date2

Parameters: none

Response:

ex: GET <http://api.42goals.com/v1/data/1aug10-3aug10/>

```
<?xml version="1.0"?>
```

```
<root>
```

```
  <date>2010-08-01--2008-08-02</date>
```

```
  <data>
```

```
    <date>2010-08-01</date>
```

```
    <goal>1</goal>
```

```
    <value>1</value>
```

```
    <text>some comment</text>
```

```
  </data>
```

```
  <data>
```

```
    <date>2010-08-01</date>
```

```
    <goal>2</goal>
```

```
    <value>2</value>
```

```
    <text>some other comment</text>
```

```
  </data>
```

```
  <data>
```

```
    <date>2010-08-02</date>
```

```
    <goal>1</goal>
```

```
    <value>3</value>
```

```
    <text></text>
```

```
  </data>
```

```
  <data>
```

```
    <date>2010-08-02</date>
```

```
    <goal>2</goal>
```

```
    <value>4</value>
```

```
    <text></text>
```

```
  </data>
```

```
</root>
```

## Me

This request can be used to retrieve user's information such as name, login and email.

Request: GET <http://api.42goals.com/v1/me/>

Description: get information about the current user

Parameters: none

Response:

```
<?xml version="1.0"?>
<root>
  <user>
    <id>1</id>
    <login>alex</login>
    <name>Alex Pak</name>
    <email>irokez@gmail.com</email>
  </user>
</root>
```