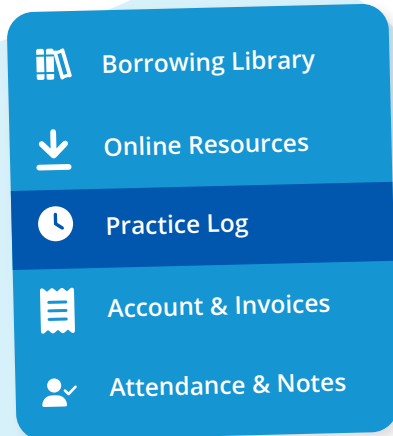
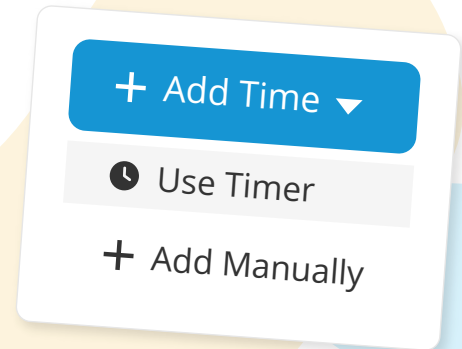


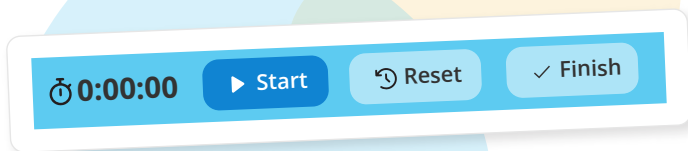
# Use the Practice Timer



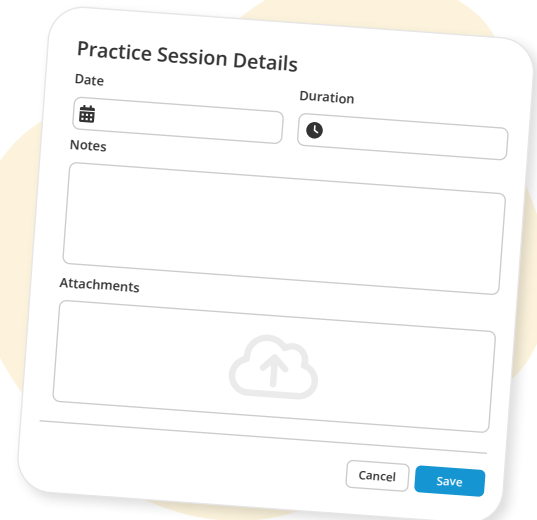
Navigate to **“Practice Log”** from the main menu on the left



Click the **“Add Time”** button, then **“Use Timer”** from the dropdown



Use the **“Start/Pause”** button as needed, then click **“Finish”**



Add any notes or attachments, then click **“Save”**



**More questions?** Click the question mark in the top right corner to open the in-app Help Center