

How To View Links & Resources

Resources are documents and web pages that your Coach has provided for you to help on you on your journey.

How To View Resource Documents

1. Click on “Links & Resources” at the top of any page
2. Available resources are displayed in sets of 10.
3. Find your document using either the “Handouts” filter or by searching by its title
4. Click on the title of a document to download it using your browser rules. Alternatively, you can click on the document’s “Download” link

How To View Resource Links

1. Click on “Links & Resources” at the top of any page
2. Available resources are displayed in sets of 10
3. Find your website using either the “Websites” filter or by searching by its title
4. Click on the title of a website to open it using your browser. The website will open in a new tab

Additional Notes

- Each resource document is displayed with an icon to represent the program needed to view the document
- Use the “Show” entries drop down to change the number of resources to display per page
- Use the Select Filter to display different resource types at one time:
 - All – display all available resources
 - Handouts – display only resources that are documents
 - Websites – display only resources websites
- Use the Search box to search for resources by name
- Use the page links at the bottom of the page to navigate between resources when they are displayed over multiple pages