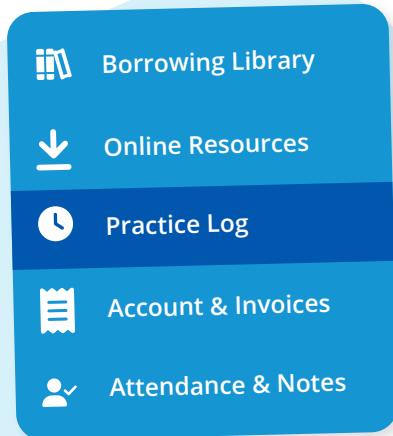
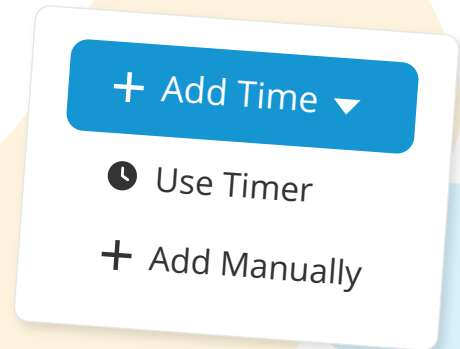


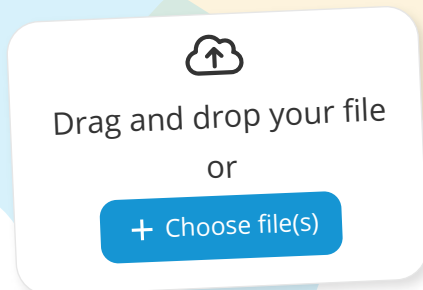
Upload Files to the Portal



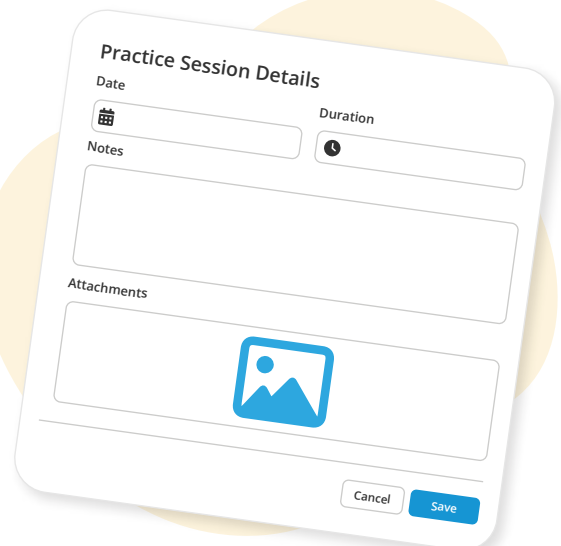
Navigate to **“Practice Log”** from the main menu on the left



Track your practice using **“Add Time”** or **“Use Timer”**



Click **“Choose file(s)”** to select files from your device, or drag and drop them



Click **“Save”** to upload the files and save the practice entry