

# Helping Youth Track Their Progress or Their Duty—

*As parents, leaders, or teachers, we can help teens use the interactive, online versions of Duty to God and Personal Progress.*

# ONLINE ↗

## Personal Progress

Now a young woman can connect to the Personal Progress website and easily track her progress online. The complete booklet is there with experiences and project information listed for each value.

At [PersonalProgress.lds.org](http://PersonalProgress.lds.org) a young woman can:

- Work on and complete value projects and value experiences online.
- Link to the scriptures in each value.
- Keep her Personal Progress journal online. She is the only one who can view her journal or search it for specific content.
  - Submit her project and experience plans online to her parent or leader for approval.
  - Submit her completed work for final approval.
  - Track her progress toward her medallion.

## Duty to God

When a young man connects to the Duty to God website, he makes keeping track of his plans fast and easy. The complete booklet is there, including all of the learning activities and links to scriptures and other resources.

At [DutyToGod.lds.org](http://DutyToGod.lds.org), a young man can:

- Enter, view, and update his plans online.
- Prepare outlines he can use to teach about the doctrines he is studying.
  - Get ideas to help him make his Duty to God plans.
  - See videos related to Duty to God.
  - Record his thoughts and impressions as he carries out his plans.
    - Link to scriptures and other resources to help him complete learning activities.

## HOW TO REGISTER ONLINE

In order to use any of the tracking and journal features of the Personal Progress and Duty to God websites, youth must have an LDS Account and then register on the site. To get an LDS Account and register, they will need to follow these steps:

1. They will need their membership number. If they don't know it, they can get it from their ward membership clerk. They will also need to enter their date of birth.
2. They will then fill in a profile form with information such as their name, e-mail address, user name, and password. They may also need a parent's e-mail address to complete the process.
3. Now they can register by signing in at the Duty to God or Personal Progress website welcome page.

