Save Progress for Forms, Surveys, and Quizzes in GLM

Tom Regier - 2026-08-05 - Forms, Surveys & Quizzes

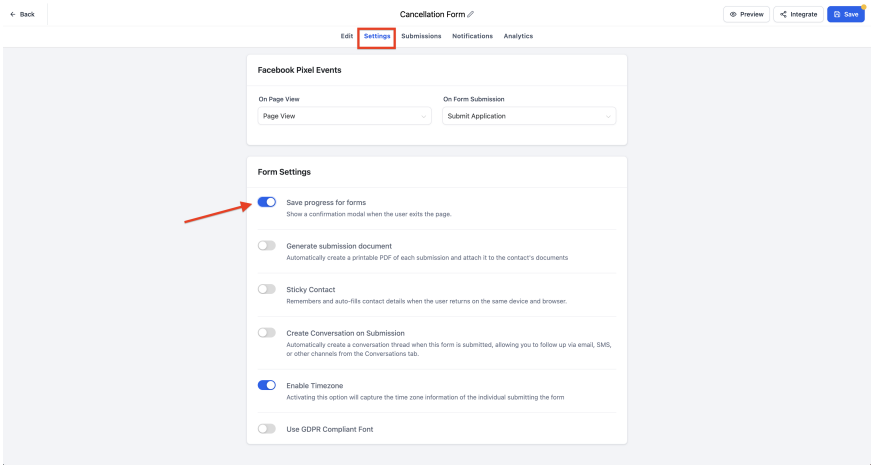
Long, multi-step Forms, Surveys, and Quizzes can take a few minutes to finish, and respondents don't always finish in one sitting. **Save Progress** lets a respondent leave a multi-step Form, Survey, or Quiz before submitting and pick up right where they left off when they come back.

What you can do with Save Progress

- Let respondents leave a multi-step Form, Survey, or Quiz partway through and resume later
- Turn the feature on or off for any individual Form, Survey, or Quiz with a single toggle
- Give returning respondents the choice to continue their submission or start over
- Keep the resume screen on-brand automatically, without any extra setup
- Rely on the same behavior whether a respondent is on desktop or mobile

How do I turn on Save Progress?

1. Open the **Settings** tab for the Form, Survey, or Quiz you want to update.
2. Turn on the **Save exit confirmation** toggle.



3. Save your changes.

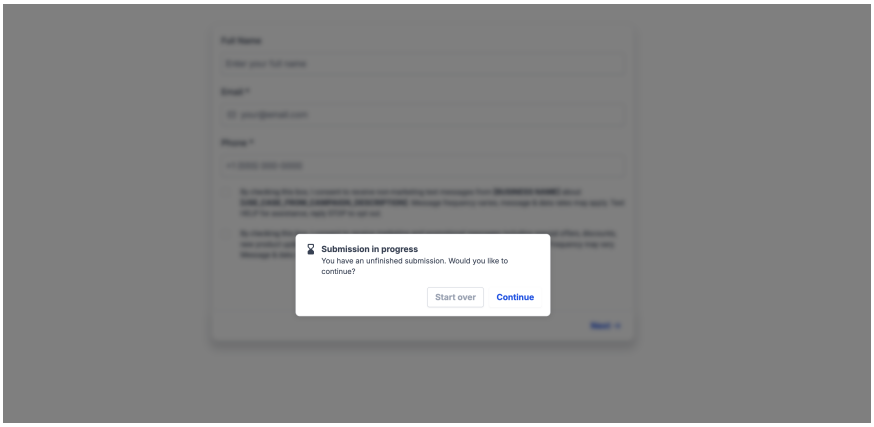
NOTE: Save Progress only applies to multi-step Forms, Surveys, and Quizzes. Existing Forms,

Surveys, and Quizzes are not affected until you turn on the **Save progress confirmation** toggle for them.

What happens when a respondent leaves before submitting?

Once **Save progress** is turned on, GLM handles the rest automatically:

1. A respondent starts filling out a multi-step Form, Survey, or Quiz.
2. They close the browser, refresh the page, or navigate away before submitting.
3. Their progress is saved automatically.
4. When they come back to the same Form, Survey, or Quiz, a **Resume Progress** modal appears.



5. From the modal, they choose either **Continue** to pick up where they left off, or **Start Over** to begin a new submission.

The **Resume Progress** modal automatically matches the branding you've already configured for that Form, Survey, or Quiz: the button color pulls from your configured footer color, and the text uses your configured label font. There's nothing extra to set up for the modal to look on-brand.

Frequently asked questions

Which Forms, Surveys, or Quizzes support Save Progress?

Save Progress is available for multi-step Forms, Surveys, and Quizzes. It's controlled per Form, Survey, or Quiz using the Save exit confirmation toggle in that item's Settings tab, so you can turn it on for some and leave it off for others.

Where do I turn Save Progress on or off?

In the Settings tab for the Form, Survey, or Quiz, using the Save exit confirmation toggle. Enabling it turns Save Progress on; disabling it turns it off.

What happens if a respondent doesn't finish and the feature isn't enabled?

Progress is only saved automatically when the Save exit confirmation toggle is turned on. If it's off, respondents don't get a saved-progress or resume experience.

Will this change anything for Forms, Surveys, or Quizzes I've already created?

No. Existing Forms, Surveys, and Quizzes keep working exactly as they do now until you explicitly turn on the **Save exit confirmation** toggle for them.

Does the Resume Progress modal match my branding?

Yes. The modal's button color inherits your configured footer color, and its text uses your configured label font, so it matches the rest of your Form, Survey, or Quiz without any additional configuration.

Does Save Progress work on mobile?

Yes. Save Progress and the Resume Progress modal are fully supported on both desktop and mobile.

Helpful tips

- Turn on **Save Progress confirmation** for any longer, multi-step Form, Survey, or Quiz where respondents are likely to get interrupted before finishing.
- Respondents can always choose **Start Over** from the Resume Progress modal if they'd rather begin fresh instead of continuing a saved submission.

When this feature is most helpful

- Longer intake or application Forms with several steps
- Detailed Surveys that ask a lot of questions
- Multi-question Quizzes that take more than a minute or two to complete

If you have questions about Save Progress in Gym Lead Machine, our Support team is happy to help. Reach us at **hello@usekilo.com**.

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