

English (US) ▾

[My activities](#)

[Submit a request](#)

[Sign in](#)

Search



[MapMyFitness Help & Support](#) > [Mobile App Questions](#) > [General Questions](#)

Getting Started

Thanks for using MapMyFitness! If you're unsure of how to use the app, or of it's functionality check out the helpful document below. To get started using the app, select the app icon from your homescreen. If you haven't registered with us, you can create an account by clicking on either "Sign up manually" or "Sign Up With Facebook." If you have registered in the past, sign up with your email or username, and password.

RECENTLY VIEWED ARTICLES

[What features are included with MVP?](#)

[Change Time Zone or Display Units](#)

[Change Profile Photo](#)

[What is the Difference Between](#)

[Workouts, Routes, & Courses?](#)

[Editing & Deleting Workouts](#)

RELATED ARTICLES

[My Dashboard Explained](#)

[How to Manually Create a Route](#)

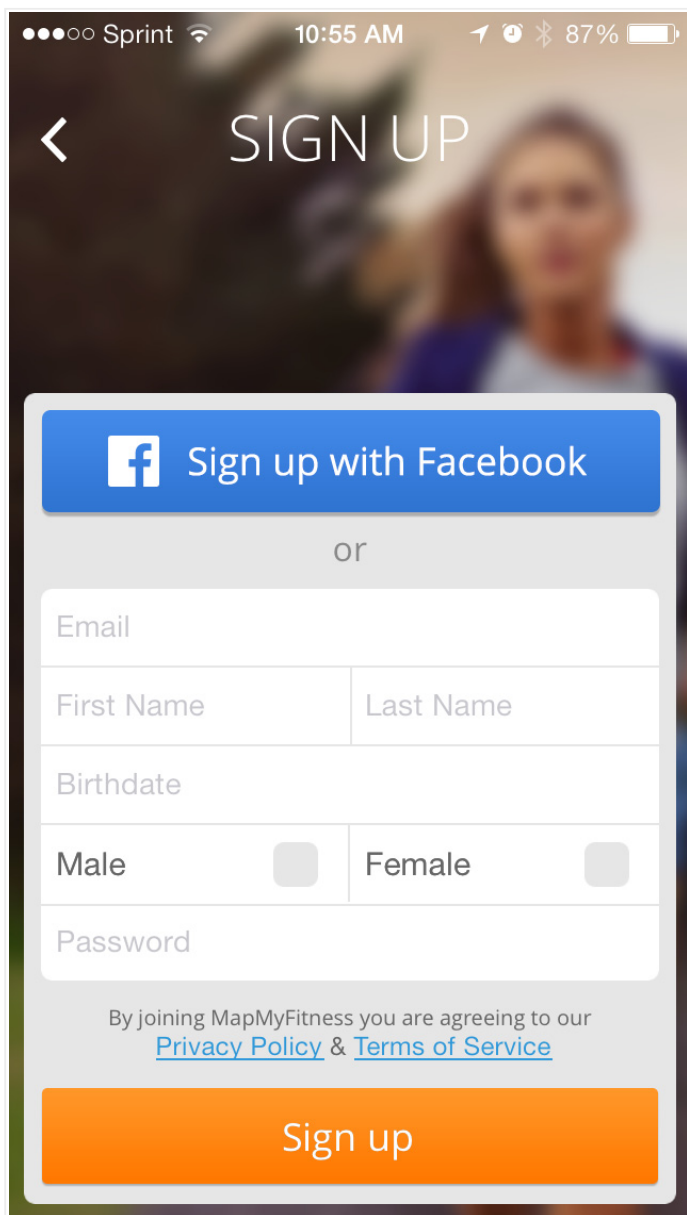
[What is the Difference Between](#)

[Workouts, Routes, & Courses?](#)

[Can I Use the App Without a Data Plan?](#)

[Basic App Troubleshooting Steps](#)

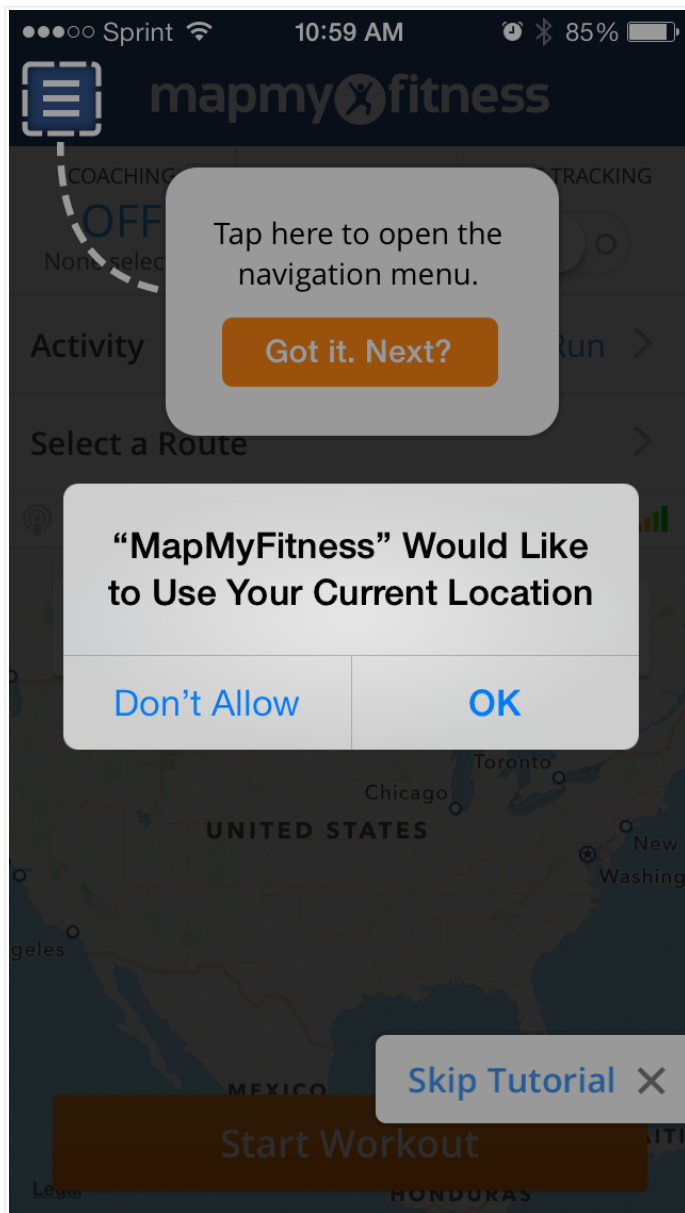




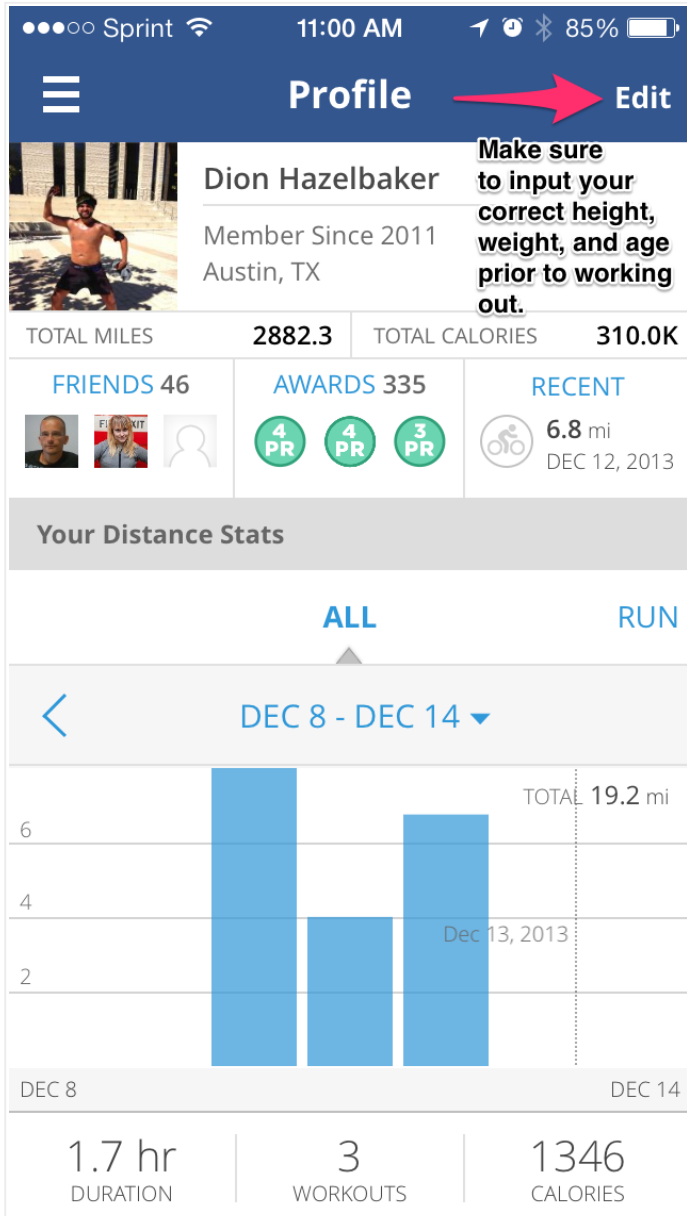
The screenshot shows the sign-up interface of the MapMyFitness app. At the top, the status bar displays 'Sprint', signal strength, Wi-Fi, time '10:55 AM', location, Bluetooth, and battery at '87%'. The app header features a back arrow and the text 'SIGN UP'. Below this is a blue button with the Facebook logo and the text 'Sign up with Facebook'. Underneath is the word 'or'. The form consists of several input fields: 'Email', 'First Name', 'Last Name', 'Birthdate', 'Male' (with an unchecked checkbox), 'Female' (with an unchecked checkbox), and 'Password'. At the bottom of the form, there is a line of text: 'By joining MapMyFitness you are agreeing to our [Privacy Policy](#) & [Terms of Service](#)'. Below this is a large orange button labeled 'Sign up'.

When first opening the app you will be greeted with a request to allow MapMyFitness to use your GPS/Location Services. This needs to be enabled in order to track your workouts for statistics purposes, and to create a map with workout data. You'll also need to ensure Background App Refresh is turned on if using an iOS 7 device. This will ensure the app records if you turn off the screen, or navigate to a different app.

After allowing Location Services, a tutorial will appear to walk you through the app's basic functionality. Both prompts can be restored by deleting and reinstalling the app to your phone.



The profile section of the app serves to give you a summary of your activity. Before starting an activity, make sure to access the left-hand sidebar menu. Select your profile and tap "Edit". Once in this area ensure your height, weight, and birthday are correct. Failure to do this will result in activities recording without calories burned.



From the sidebar, select Record a Workout. This is the workout selection screen. You can either select an activity and start immediately after connecting to a GPS signal, or you can customize the activity with coaching, live tracking, music, route options, and more. Even more customization is possible when entering the settings tab from the sidebar menu, including voice feedback and stats display options.

Explore Litigation Insights

Docket Alarm provides insights to develop a more informed litigation strategy and the peace of mind of knowing you're on top of things.

Real-Time Litigation Alerts



Keep your litigation team up-to-date with **real-time alerts** and advanced team management tools built for the enterprise, all while greatly reducing PACER spend.

Our comprehensive service means we can handle Federal, State, and Administrative courts across the country.

Advanced Docket Research



With over 230 million records, Docket Alarm's cloud-native docket research platform finds what other services can't. Coverage includes Federal, State, plus PTAB, TTAB, ITC and NLRB decisions, all in one place.

Identify arguments that have been successful in the past with full text, pinpoint searching. Link to case law cited within any court document via Fastcase.

Analytics At Your Fingertips



Learn what happened the last time a particular judge, opposing counsel or company faced cases similar to yours.

Advanced out-of-the-box PTAB and TTAB analytics are always at your fingertips.

API

Docket Alarm offers a powerful API (application programming interface) to developers that want to integrate case filings into their apps.

LAW FIRMS

Build custom dashboards for your attorneys and clients with live data direct from the court.

Automate many repetitive legal tasks like conflict checks, document management, and marketing.

FINANCIAL INSTITUTIONS

Litigation and bankruptcy checks for companies and debtors.

E-DISCOVERY AND LEGAL VENDORS

Sync your system to PACER to automate legal marketing.