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## Where Are My Workouts And Routes?

Any logged, or recorded activity is automatically uploaded to the website [workout calendar](#) from the app, and vice versa if a network connection is available. In order for workouts and maps to appear updated in the app workout menu, or between devices with MapMyFitness apps, you must refresh the lists. This does not happen automatically in all cases, and may require you to follow these steps:

1. First make sure you are updated to the latest version of the app by deleting and reinstalling it to your device.
2. Sign back in with your account email and password.
3. Next, refresh the workouts or routes menu by swiping down, or selecting the refresh button at the top of the screen (this differs depending on whether your phone is an iPhone or Android device).
4. If this does not work, try [bookmarking](#) the associated route on the site and refreshing the workout and route lists again.

Sometimes our developers work on optimizing the app for memory-related issues. If you are unable to see your workouts completely on the app please visit the [workout calendar](#). All of your workouts will appear here.

If workouts do appear on the site but not the app it's possible you are logged into a second account. For our team to check, we would need any email addresses or usernames that may be associated with a MapMyFitness account, as well as answers to the following questions:

1. How many previous workouts are missing from the workout section on the app, or the activity feed?
2. Did you delete a workout on any of the apps, or the website?

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3. Do you have an email address that could be tied to another account?

4. Have you tried to refresh the workouts tab by swiping the list down from top to bottom?

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