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Delete your account

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Delete your Wrestling Journal account, restore it within 30 days, or reactivate after deletion.

Deleting signs you out. Sign back in within 30 days to restore the account. After 30 days it is permanently deleted, including journal entries, goals, weekly plans, and team memberships.

Deleting does **not** cancel an Apple subscription. Manage or cancel that in Settings › Apple ID › Subscriptions.

Delete

1. Tap **More**, then **Delete account**.
2. Under **Confirm with your password**, type your **Current password**.
3. Tap **Delete account**.
4. Confirm again on **Delete your account?** by tapping **Delete account**.

You'll see **Account deleted**: you can sign in within 30 days to restore it.

Restore within 30 days

Sign in with the same email and password. Or use **Forgot password?** / **Reset password**. See Sign in and reset your password.

When restore works, the app shows **Welcome back** ("Your account was restored.").

If you try to create an account again

If you tap **Create Account** with that email while deletion is still pending, the app asks **Reactivate your account?** You can tap **Reset password**, **Sign in instead**, or **Cancel**.

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