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## Backup Profile Start Menu

### Windows 10

Sometimes a virus or a system crash can damage the profiles on a computer. When that happens, you lose the list of programs that is on your start menu.

It lists the programs that you have on your system and gives you access to them.

If your start menu gets damaged, the programs will be missing from your start menu. The programs are still on your system. However, they will not show up here. To use the programs, you will have to type in the command to start the program. To do that, you must know where the executable is located and the exact name which can be difficult.

To fix the missing list, you will have to manually reinstall each program in the list or reinstall all the programs that are missing.

However, if you have backed up the Start menu before the Start Menu got damaged, you can copy the saved file to the system and be back to the way it should be. If you have more than one profile on the computer, you will need to back up the Start Menu for each profile.

**NOTE:** If you have added or deleted a program since the start menu was backed up, you will not see the added-on item or an item that is listed will not function unless you have updated the saved file by saving it again.

To back up the file, back up the following directory...

C:\users\Name\AppData \Roaming\Microsoft\ Windows\ Start Menu (**Substitute the profile name for the word “users”**)

**NOTE:** in the address above, substitute your profile name in place of Name above. Another words, if your profile name is Mary, it would look like this....

C:\users\Mary\AppData\ Roaming\Microsoft\Windows\Start Menu

**NOTE:** Save the file to another location than the C drive (**such as another hard drive, CD, or flash drive**)

To restore a backed up Start menu, copy it back in the directory you saved the file from.

**Warning**, if you have added, deleted, or modified programs since you have backed up the start menu, some programs may not open. You should update the saved file periodically so you have the most recent file.

You should also back up all your important files on your drive like documents, photos and other items. Click [here](#) for instructions