



# VidaOne Diet & Fitness

## Android Synchronization on Windows 7, Vista and XP



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This document applies to VidaOne® Diet & Fitness for Windows version 3.8.6 and newer.

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## Android Synchronization

VidaOne Diet & Fitness synchronizes with MySportTraining and VidaOne Lifestyle (Lite, standard and Pro) for Android ([www.vidaone.com/ls\\_android.htm](http://www.vidaone.com/ls_android.htm)) via Wi-Fi and in some cases, USB cable (see below for details), allowing you to use your PC and Android phone/tablet to track your diet, fitness and health, and make backups.

## Wi-Fi Synchronization

To synchronize, select the **Profile** toolbar and click **Android** in VidaOne Diet & Fitness. This opens the VidaOne NetSync window (Figure 1), which shows your computer address and port. Your computer may have multiple addresses as shown below.

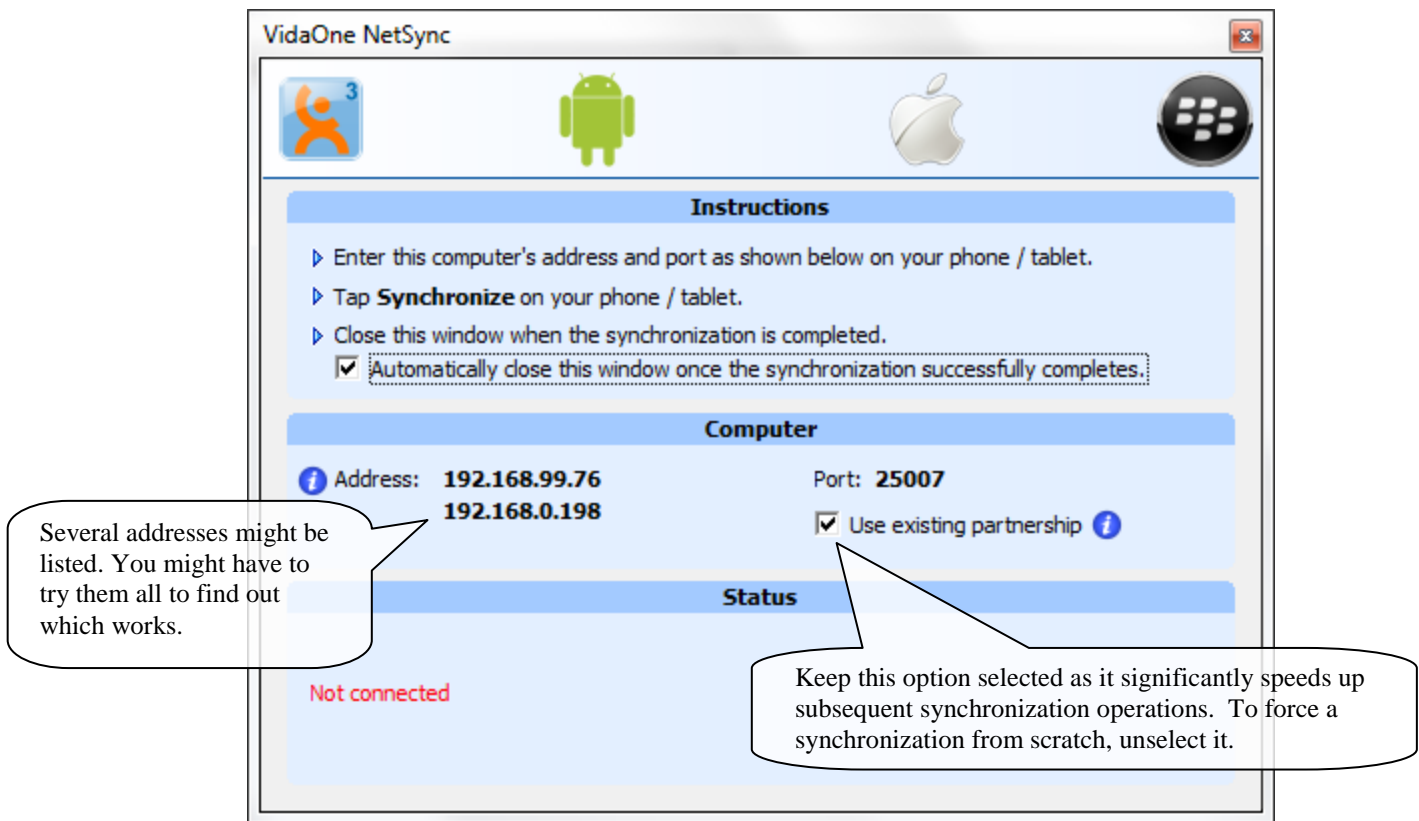
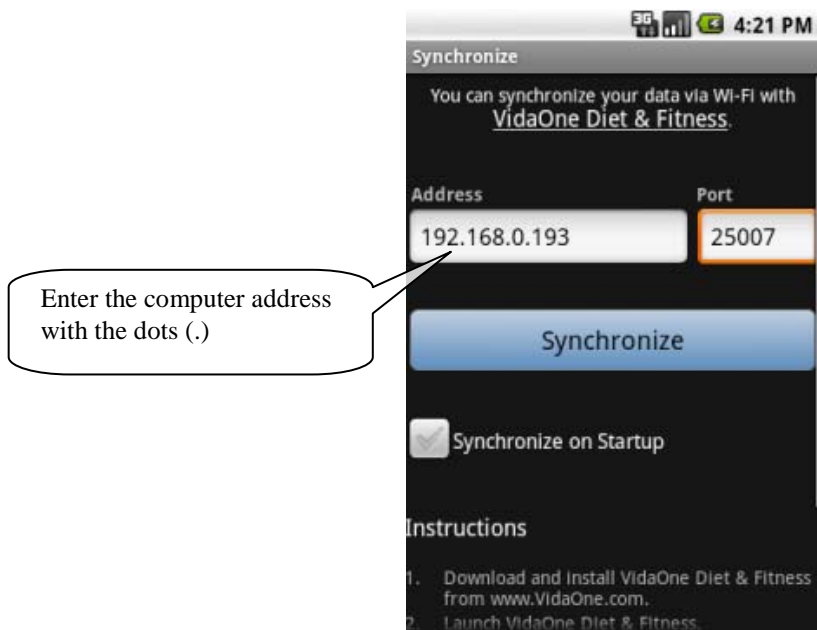


Figure 1: VidaOne NetSync.

On your Android device, open MySportTraining or Lifestyle, tap the **Synchronize** icon in the Today screen, and enter the computer port and address (Figure 2) then tap Synchronize. If your computer has multiple addresses (as shown above), some may not work with the synchronization (but at least one should).

If you receive an error that a connection cannot be established, it is very likely that a firewall (on your Windows PC or router) is blocking VidaOne Net Sync (most networking software are subject to that). If that's the case, please refer to the Troubleshooting section on page 6 for more information about VidaOne Net Sync and enabling your firewall for the synchronization to be allowed to go through.



**Figure 2: Synchronization in MySportTraining and Lifestyle for Android.**

## USB Synchronization

If your Android device has been manufactured by HTC (e.g. HTC Inspire) and can be synchronized with your Windows PC via HTC Sync® via a USB cable, you can also synchronize VidaOne Lifestyle for Android with VidaOne Diet & Fitness without using Wi-Fi.

### Note

MySportTraining cannot be synchronized via USB cable.

### Note

HTC Sync® must be installed and functional on your Windows PC. Please visit [www.htc.com](http://www.htc.com) to download the appropriate version of HTC Sync® based on your HTC Android device model.

When connecting your HTC Android device to your PC using a USB cable, a screen pops up prompting you for the type of connection you want, as shown in Figure 3; make sure to choose **Internet pass-through**. As an alternative, tap on **Settings** on your Android device and choose **Wireless & networks**, then **Internet Pass-through**.

This establishes a networking connection between your Android device and your PC, and allows VidaOne Lifestyle for Android to connect to VidaOne NetSync on your PC. Once connected, you can synchronize as described in the previous section.

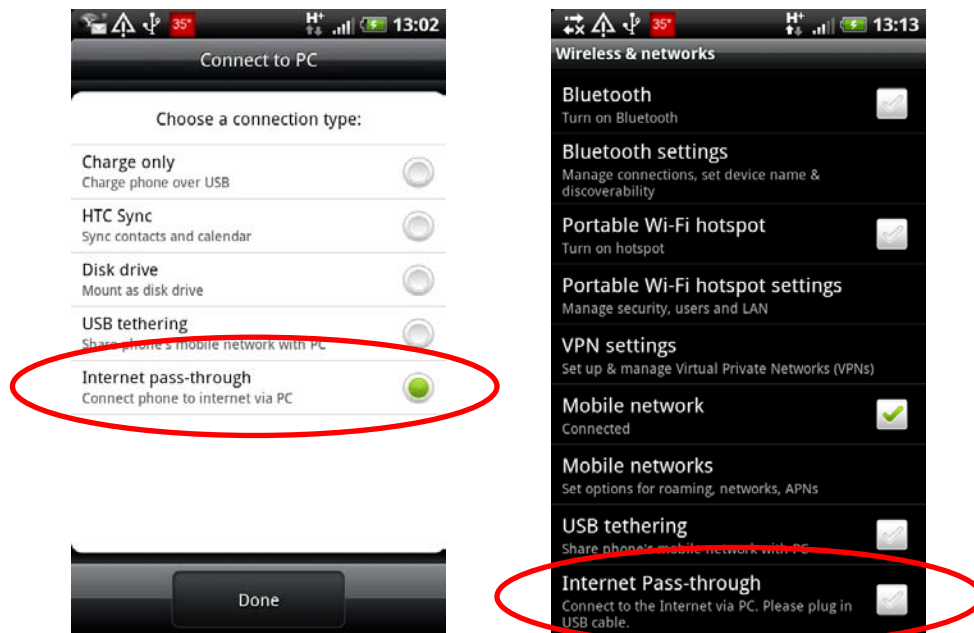
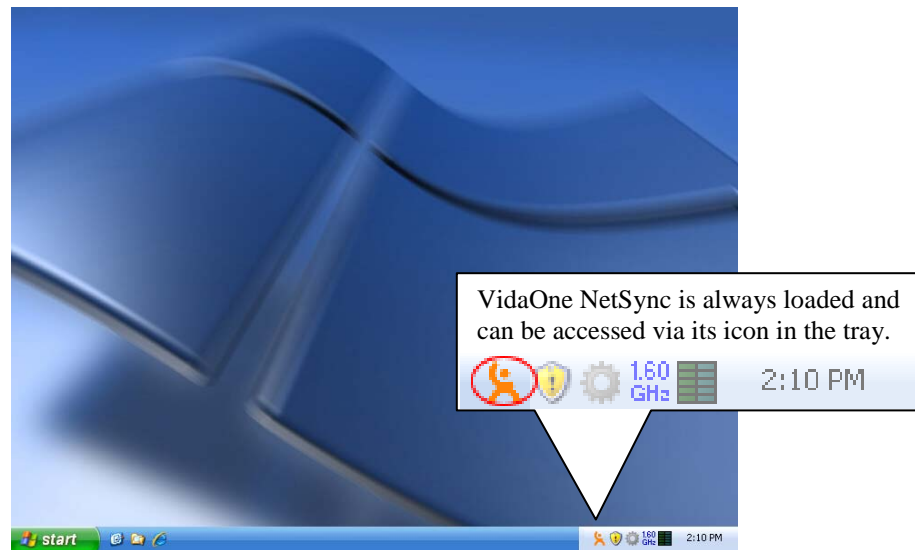


Figure 3: Enabling Internet pass-through on Android.

## More about VidaOne NetSync

VidaOne NetSync is automatically launched as soon as you log in, provided you've run it once from VidaOne Diet & Fitness. This allows you to synchronize at any time without opening VidaOne Diet & Fitness, provided your computer is on and logged in.

When launched VidaOne appears in your computer toolbar's tray (in the lower right corner). A VidaOne icon is shown either in orange (when connected and synchronizing) or in gray (when not connected and waiting). Right-click on it to show a menu to open VidaOne NetSync, open VidaOne Diet & Fitness, remove the icon from the tray permanently or exit VidaOne NetSync.



**Figure 4: Click on VidaOne NetSync in the tray to open it.  
Right-click on it to display commands.**

## Troubleshooting

If you cannot establish a connection between your phone and VidaOne NetSync, make sure Wi-Fi is turned on. Also a firewall might be blocking the connection (that firewall may be on your computer or router).

The first thing to do is to restart your router. It is also recommended to verify with the manufacturer if any firmware upgrade is available and apply it. This is especially important on older routers.

Also, when you start VidaOne NetSync for the first time on Windows, you will likely see the following message:

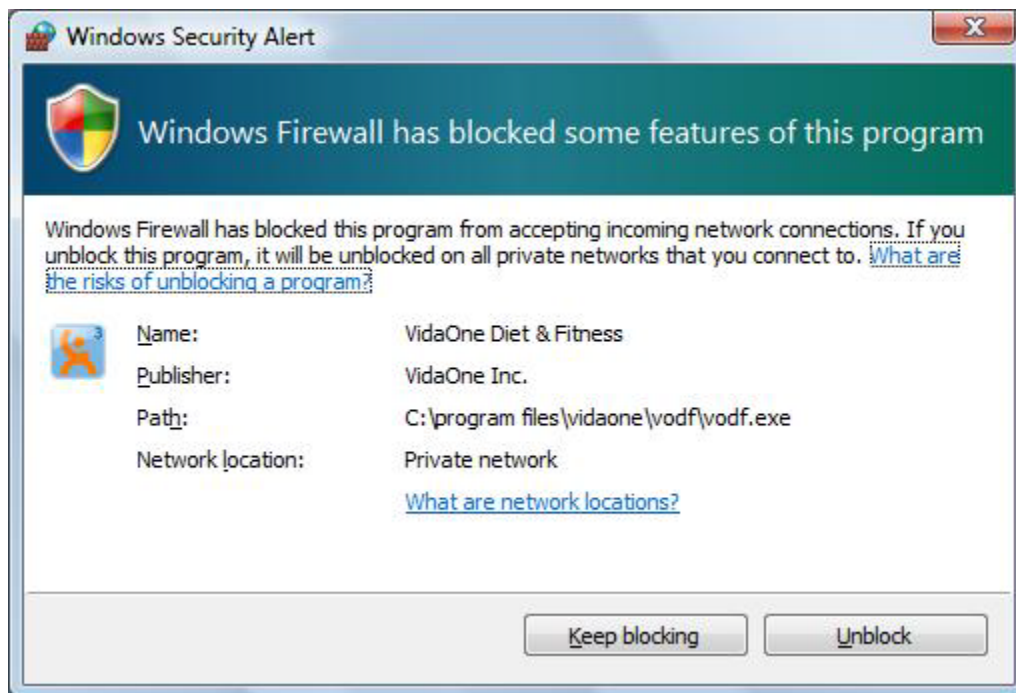


Figure 5: Microsoft Firewall blocking VidaOne NetSync

Make sure to click Unblock to let VidaOne NetSync receives connections, otherwise the connection cannot be established.

You can also access your firewall via the **Control Panel > Firewall**. Make sure that VidaOne Net Sync is listed in the Exceptions list.