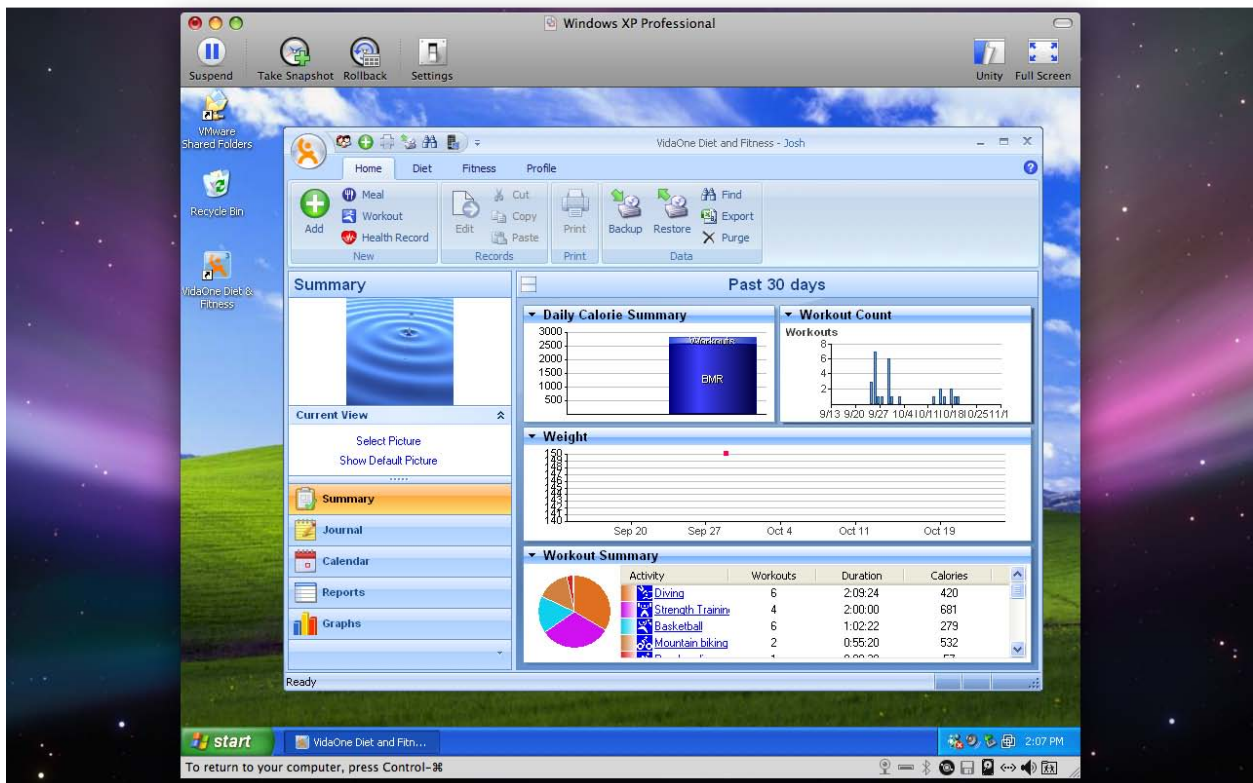




VidaOne Diet & Fitness

Synchronization on Mac OS X[®] using VMware Fusion[™] with Windows XP[®]



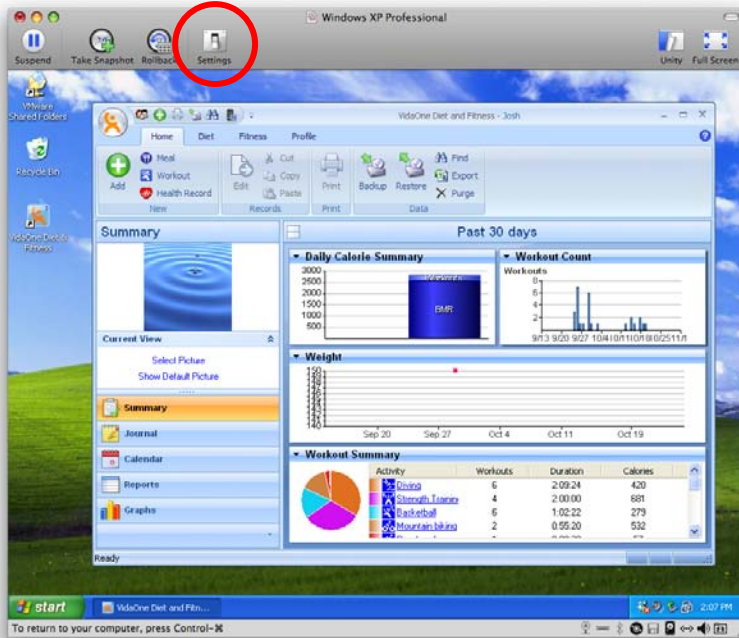
October 2009

This document applies to VidaOne[®] Diet & Fitness for Windows version 3 and newer.
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VidaOne Diet & Fitness 3

This document explains how to synchronize MySportTraining for iPhone with VidaOne Diet & Fitness 3 running in Windows XP Pro using VMware Fusion™ 2 on Mac OS X.

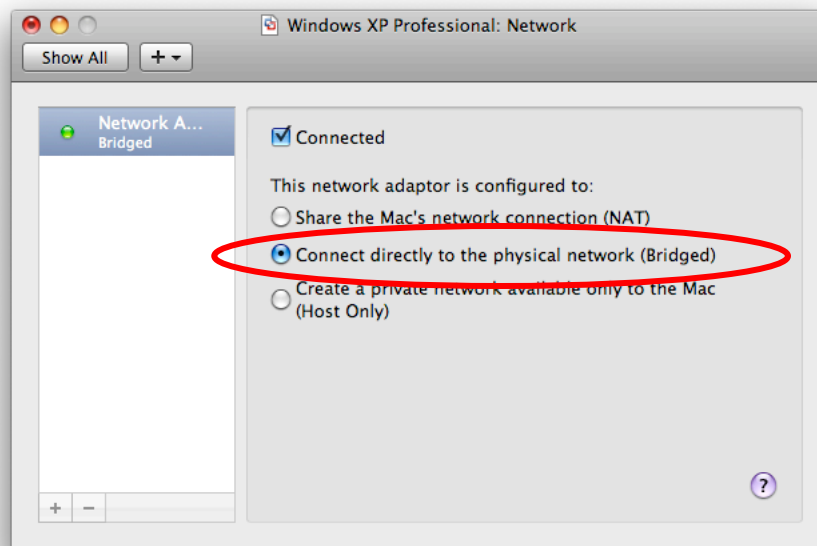
1. Click **Settings** in the VMware Fusion toolbar.



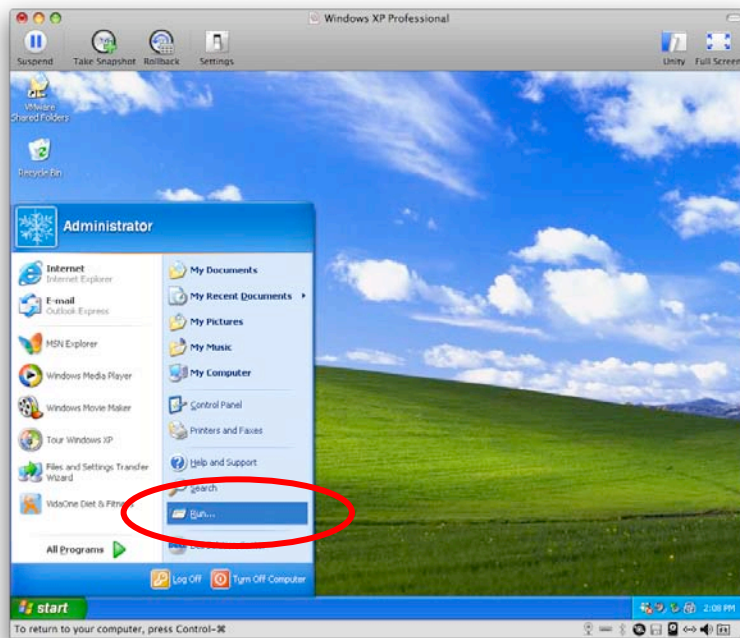
2. Click **Network**



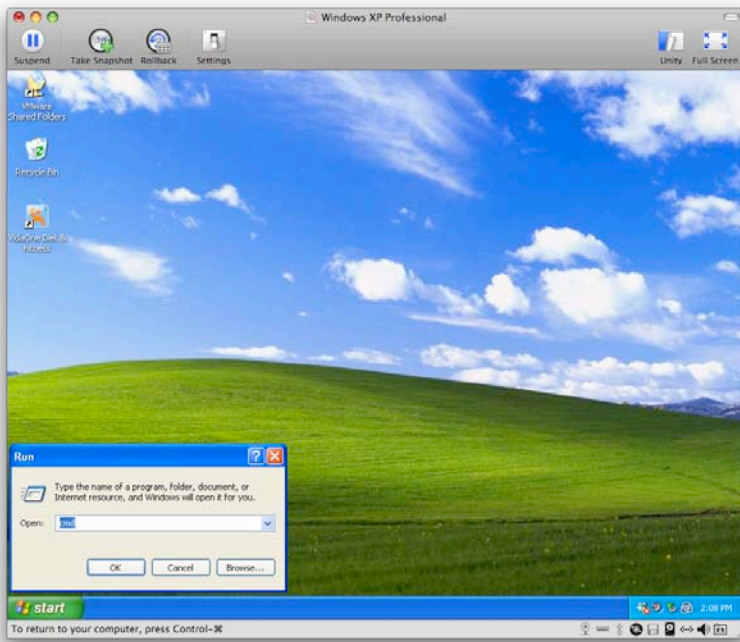
3. Select **Connect directly to the physical network (Bridged)**. This provides Windows XP its own internet address and is required for the synchronization to work.



4. Click on the Windows XP Start button to show the start menu, then click **Run...**

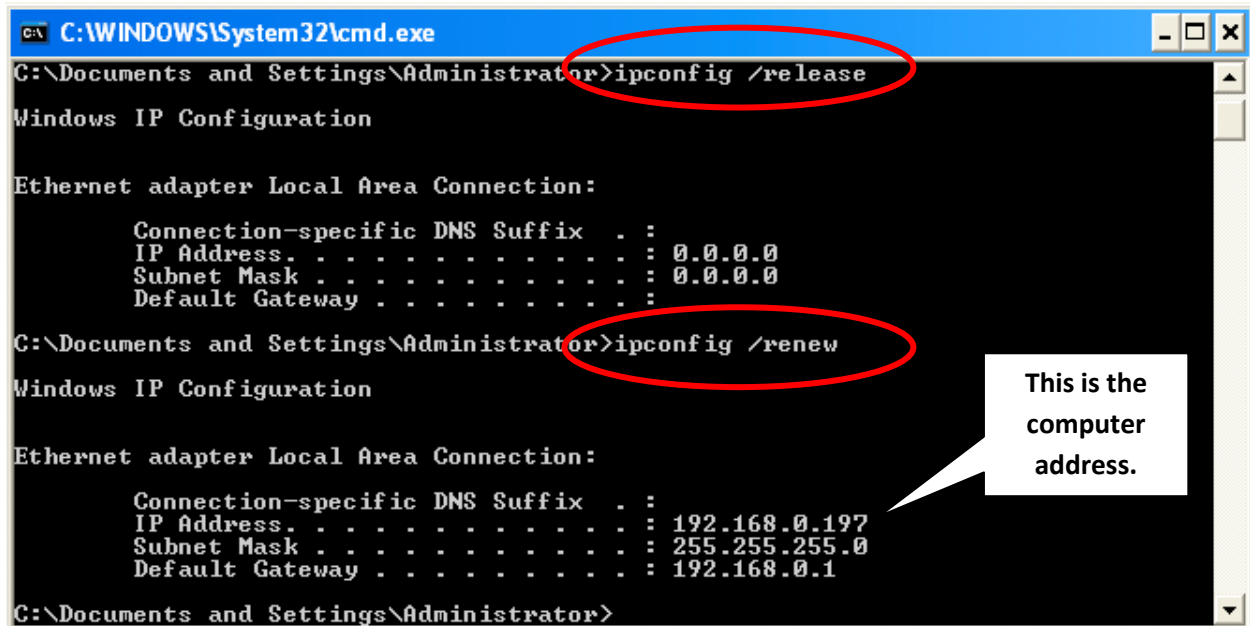


5. Enter **cmd** and click **OK**. This opens a command window.



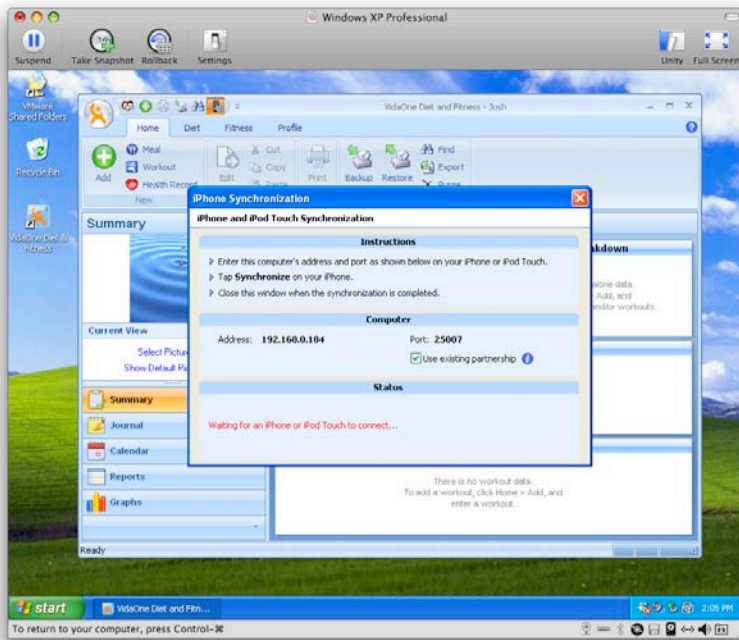
6. Type **ipconfig /release** and press the Enter key.

7. Type **ipconfig /renew** and press the Enter key. This provides Windows XP its own computer address.



VidaOne Diet & Fitness 3

8. Return to VidaOne Diet & Fitness and click **Profile > iPhone**.



9. On your iPhone, turn Wi-Fi ON (via Settings). Then open MySportTraining, tap **More > Data (the cube) > Synchronize**, and enter the computer address and port as shown on VidaOne Diet & Fitness. Then tap the **Synchronize** button to initiate the synchronization.

