



VidaOne Diet & Fitness

iPhone Synchronization on Windows 7, Vista and XP



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

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iPhone Synchronization

VidaOne Diet & Fitness can synchronize with MyPersonalDiet (www.vidaone.com/impd.htm) and MySportTraining (www.vidaone.com/imst.htm) for iPhone and iPod Touch via Wi-Fi, allowing you to use your PC and iPhone to track your diet, fitness and health, and make backups.

To synchronize, click **Profile > iPhone**. This opens the iPhone and iPod Touch Synchronization window (Figure 1), which shows your computer **address** and **port**, in this figure, **192.168.0.193** and **25007** respectively. Enter those values *as is* (with the dots) in MyPersonalDiet and/or MySportTraining for iPhone's Synchronization screen (Figure 2) and tap Synchronize.



Several addresses might be listed. You might have to try them all to find out which works.

Keep this option selected as it significantly speeds up subsequent synchronization operations.

To force a synchronization from scratch, unselect it.

Figure 1: The iPhone and iPod Touch Synchronization window.

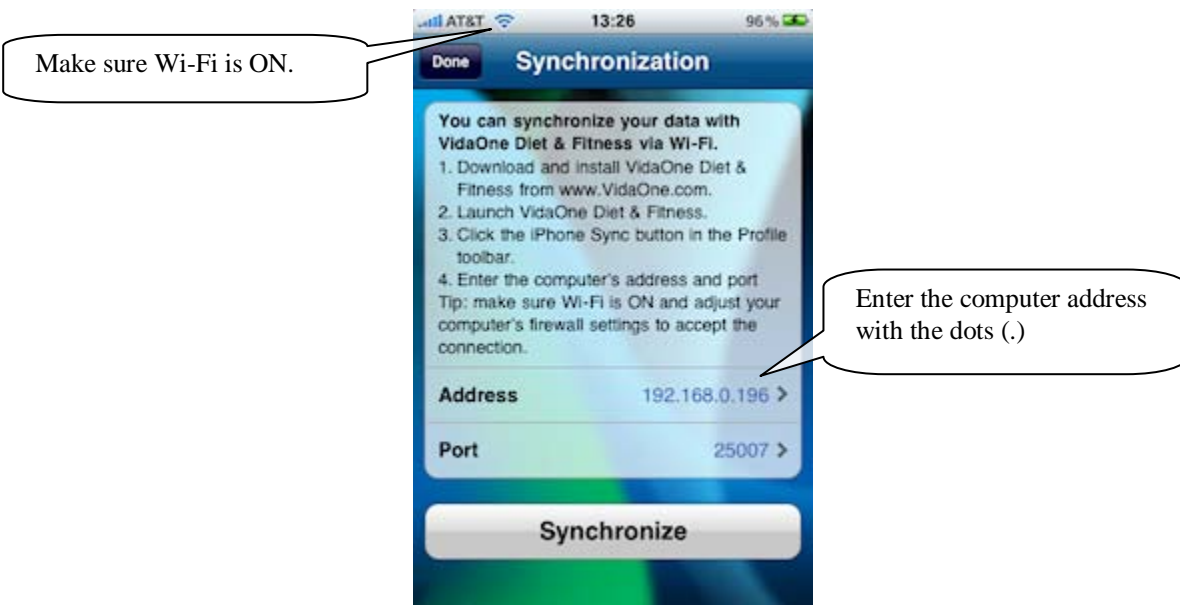


Figure 2: MySportTraining for iPhone's Synchronization screen, with a computer address and port.

VidaOne Diet & Fitness maintains *partnerships* i.e. synchronization information with each iPhone. This allows synchronization to be very fast. If you experience synchronization issue, unselect **Use Existing partnership** to force a clean synchronization from scratch.

Note

The iPhone is designed to keep applications fully isolated from one another. Consequently, the data cannot be shared between MyPersonalDiet and MySportTraining on the iPhone. For that reason, **each application must be synchronized with VidaOne Diet & Fitness.**

If the synchronization does not happen, make sure that Wi-Fi is turned ON on your iPhone, and that the address and port are entered correctly.

On your PC, you might also have to modify your firewall settings to let VidaOne Diet & Fitness receive the incoming connections.

For Mac OS X, PDF documents that describe how to set-up Parallels Desktop® and VMware Fusion™ for the synchronization to work are available at www.vidaone.com/vodf_win.htm.