



# VidaOne Diet & Fitness

## iPhone Synchronization on Windows 7, Vista and XP



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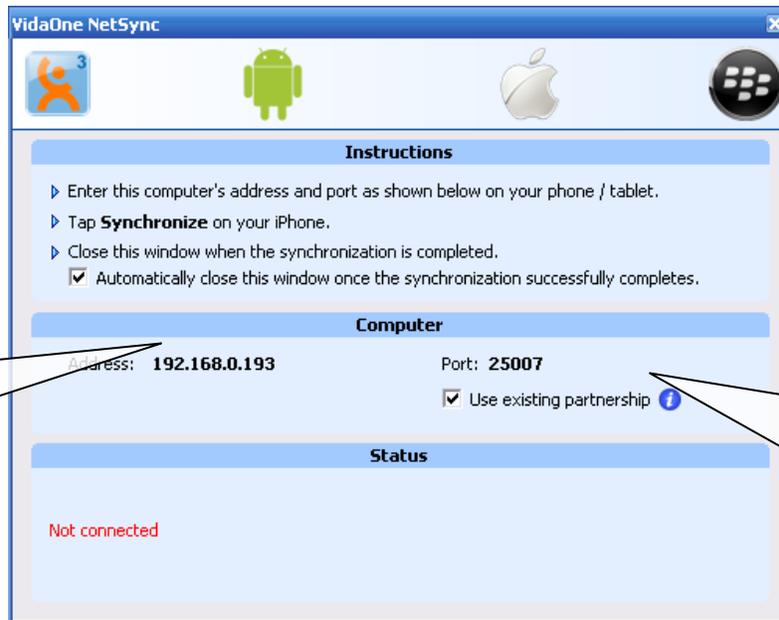
This document applies to VidaOne® Diet & Fitness for Windows version 3 and newer.  
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## iPhone Synchronization

VidaOne Diet & Fitness can synchronize with MyPersonalDiet ([www.vidaone.com/impd.htm](http://www.vidaone.com/impd.htm)) and MySportTraining ([www.vidaone.com/imst.htm](http://www.vidaone.com/imst.htm)) for iPhone, iPod Touch and iPad 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.



Make sure Wi-Fi is ON.

Enter the computer address with the dots (.)

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

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](http://www.vidaone.com/vodf_win.htm).

## More About VidaOne NetSync

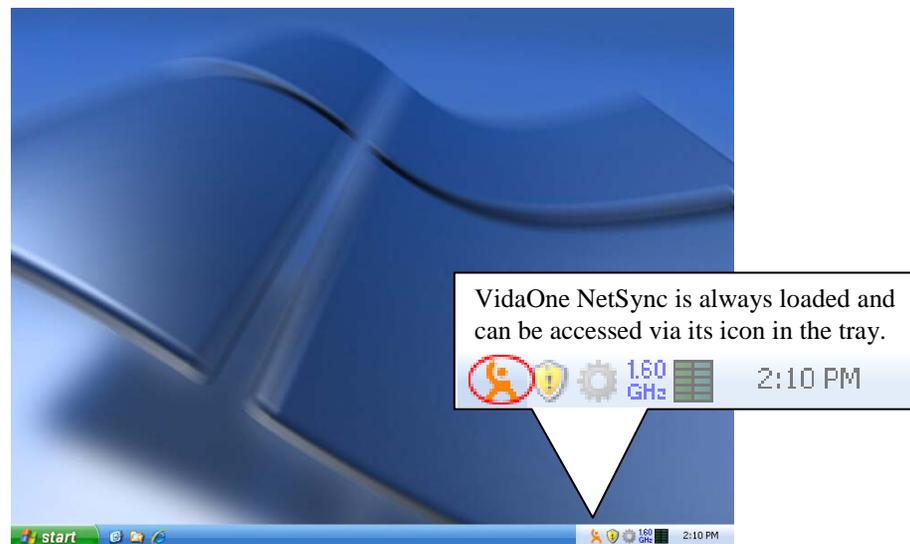
VidaOne NetSync maintains *partnerships* i.e. synchronization information with each iPhone. This allows synchronization to be very fast. If you experience synchronization issue, unselect **Use Existing partnership** to force a clean synchronization from scratch.

### Note

By design, the iPhone keeps 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.**

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 3: 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 4: 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.