VidaOne Diet & Fitness Synchronization for Windows XP
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Software Versions

Make sure you have the following versions of these software:

- Microsoft ActiveSync 4.5:
  http://www.microsoft.com/windowsmobile/activesync/activesync45.mspx
- MySportTraining for Windows Mobile Pocket PC 4.5.0 or newer (if you are using MySportTraining): http://www.vidaone.com/mst_ppc.htm
- MyPersonalDiet for Windows Mobile Pocket PC 2.5.0 or newer (if you are using MyPersonalDiet): http://www.vidaone.com/mpd_ppc.htm
- MyPersonalDiet for Windows Mobile Smartphone 3.2.0 or newer (if you are using MyPersonalDiet): http://www.vidaone.com/mpd_sp.htm
- VidaOne Diet & Fitness 2.4.0 or newer:
  http://www.vidaone.com/vodf_win.htm

Make sure you perform a soft-reset after installing (or re-installing) MySportTraining or MyPersonalDiet.

When installing VidaOne Diet & Fitness, make sure you are logged into an Administrator account. This is required to properly install the VidaOne synchronization module and other settings.
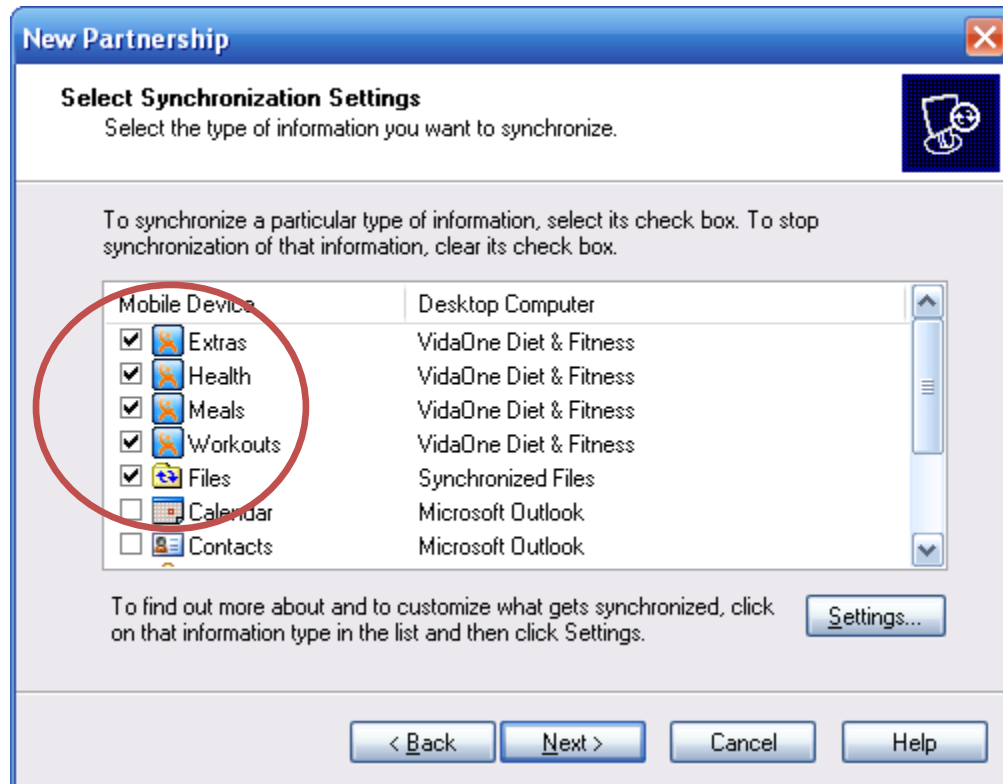
Creating a Partnership

When creating a partnership, make sure to select the entries Extras, Health, Meals and Workouts.

The Meals entry can only be selected if MyPersonalDiet is installed on your mobile device.

If you are using VidaOne GPS or VidaOne Polar, make sure to select Files as well.

If none of these entries is displayed then re-install MySportTraining and/or MyPersonalDiet on your Pocket PC, perform a soft-reset and re-connect your mobile device to your PC.
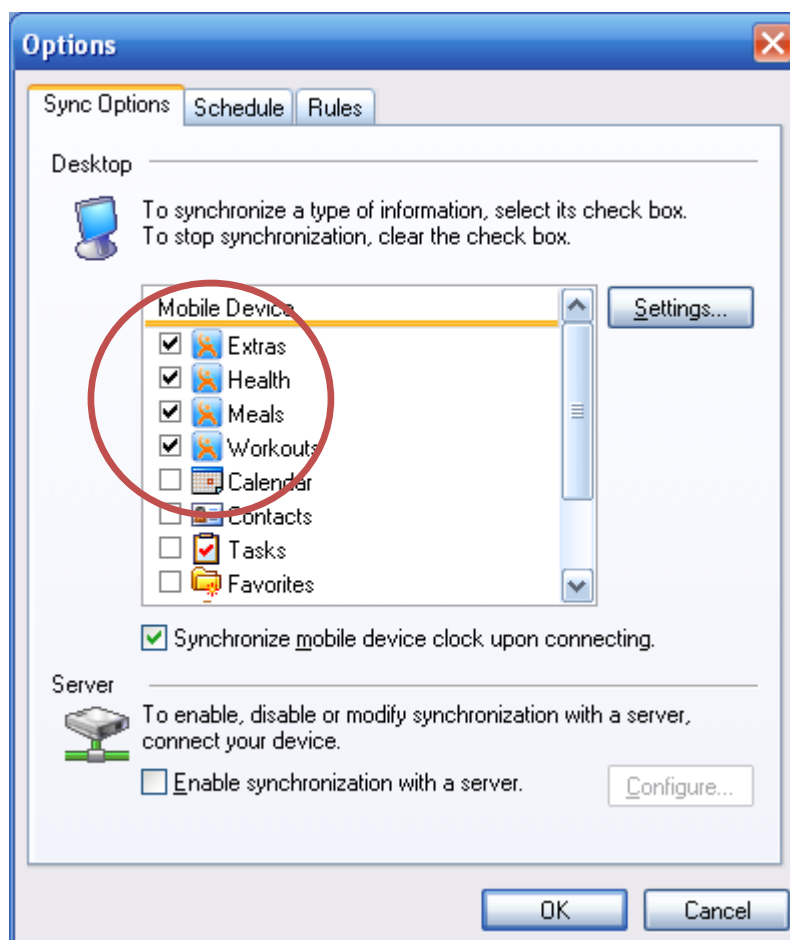
Updating a Partnership

When updating a partnership, edit the content sync settings and make sure to select the entries Extras, Health, Meals and Workouts.

The Meals entry can only be selected if MyPersonalDiet is installed on your mobile device.

If you are using VidaOne GPS or VidaOne Polar, make sure to select Files as well.

If none of these entries is displayed then re-install MySportTraining and/or MyPersonalDiet on your Pocket PC, perform a soft-reset and re-connect your mobile device to your PC.

Note that the "Settings" button is not functional when a VidaOne Diet & Fitness entry is selected.

Re-creating a Partnership

In the rare case where the synchronization generates too many error, either when synchronizing VidaOne items or others, re-creating a partnership often solves them all. No information is lost in the process.

You must first disconnect your mobile device from your PC. Then open ActiveSync , select File | Delete Partnership and click Yes to confirm to end the partnership. Then re-connect your mobile device and create a partnership ax explained in page 2.
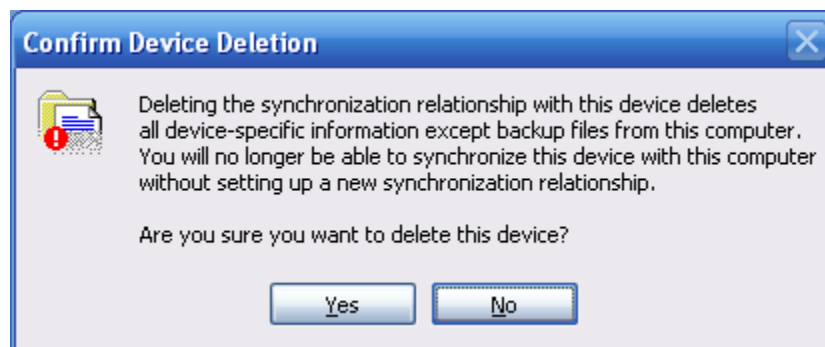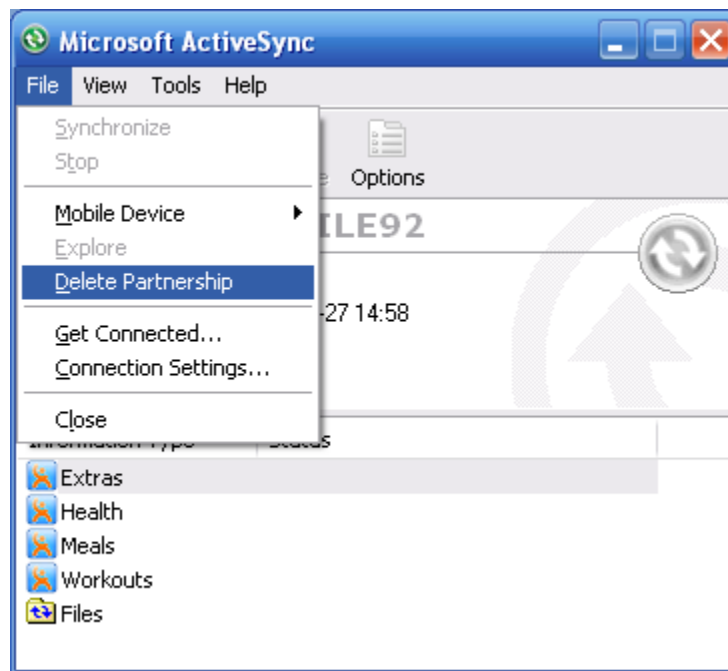
Profile Synchronization Error

If the following message is shown, please open VidaOne Diet & Fitness (the first time you run it, you will be prompted to create a profile). Then choose Tools | Options and make sure the option "Use my profile when synchronizing" is selected. Then re-synchronize.