

Importing Data into FitTrackGold

Import vs. Restore

Problem: After installation, FitTrackGold needs to be populated with data.

Solution: Choose the correct option for importing data from another FitTrackGold application or import saved tests stored on the Quantifit.

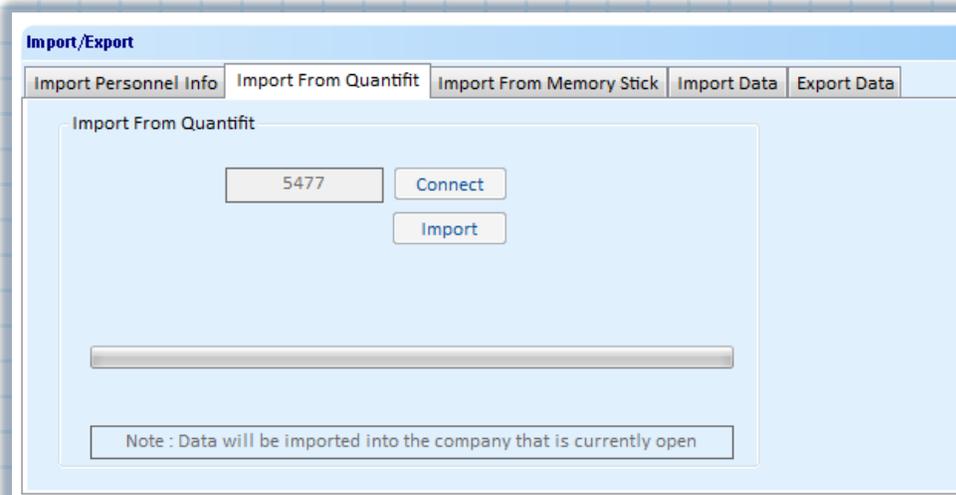
Test data can be moved in and out of the FitTrack software in four different ways.

1. [Direct transfer from Quantifit via communication cable](#)
2. [Data transfer from Quantifit via USB Flash Drive](#)
3. [CSV file exported from FitTrackGold](#)
4. [Restoration of backup file.](#)

If you have conducted tests on the Quantifit without being connected to a PC then your tests are stored in the **DATALOG** on the Quantifit. Navigate on the Quantifit screen to the **SYSTEM** menu. Under that you will find the **Datalog** menu. Open that and you'll find a list of all the test subjects stored on the Quantifit.

Direct transfer using the communication cable provided with the unit.

1. Power up the Quantifit and connect it to the PC by using the Cable provided with your unit.
2. Start the FitTrackGold software and confirm that the Quantifit is communicating.
3. On your PC running FitTrackGold, open the Company that you want the data to be transferred *in* to.
4. Select the **TOOLS** menu.
5. In the middle of the Tools screen select the **"IMPORT FROM QUANTIFIT"** tab.
6. Click on the **"Connect"** button to assure the Quantifit is communicating with the PC. You should hear a series of "chirps" from the unit.
7. Select **"Import"**.



File Transfer by means of USB Flash Drive.

If the PC that runs the software is not accessible you can save the Datalog to a USB flash drive and transfer at a later time into the software. Follow these steps to save the Datalog to a flash drive:

1. Insert a flash drive into the top USB slot on the back of the Quantifit. The screen will confirm the drive is found.



2. On the Quantifit, navigate to the **System** menu and then to the **Datalog** menu.



3. On the **Datalog** screen at the bottom, select **File menu**.
4. From File Menu select **SAVE**. Use the selector knob or your keyboard to enter a filename. Do not use any special characters or spaces. Keep the name less than 8 characters.



5. Select **Done** to save the file to the flash drive.
6. On the PC, start the FitTrackGold software and make sure the correct company is open.
7. Insert the flash drive into an available USB port on the PC.
8. Navigate to the **TOOLS** menu and select the "**Import from Memory Stick**" tab.
9. Browse to the flash drive and select the file you saved. It will have a ".qft" at the end of the name.
10. Select **Import**. A progress bar will indicate that files are being transferred.

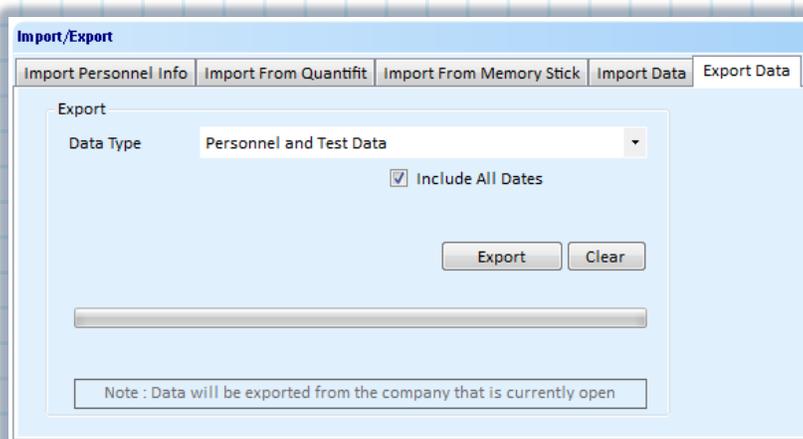
Transferring data by means of an Exported .CSV file.

NOTE: This method is limited to transferring only one company at a time. If you need to transfer multiple companies, this will have to be repeated for each individual company.

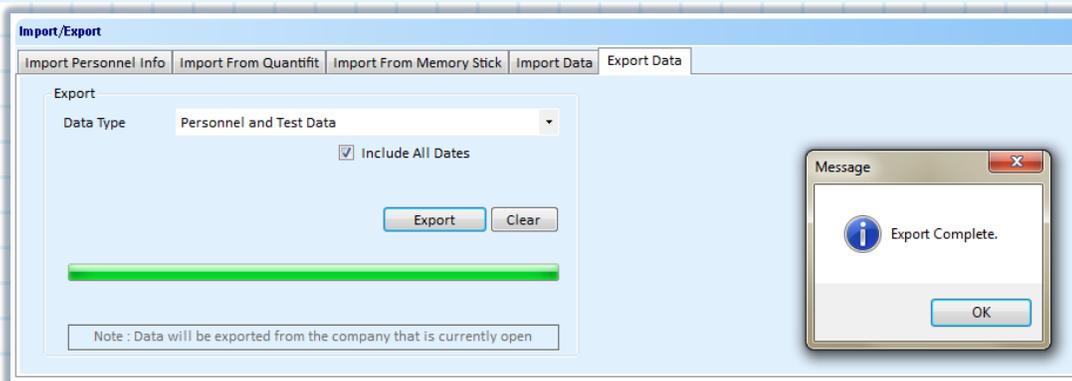
Many Quantifit users have more than 1 PC running FitTrackGold. In some cases, it may be necessary to send the data for one company to the other computers running the software. This can be done by exporting out a special file which can be imported by the other computers.

To accomplish this, follow these steps. We'll use "A" and "B" to designate the different computers.

1. On computer "A" open the company that has the data you wish to export.
2. Navigate to the TOOLS menu and select the "Export Data" tab.

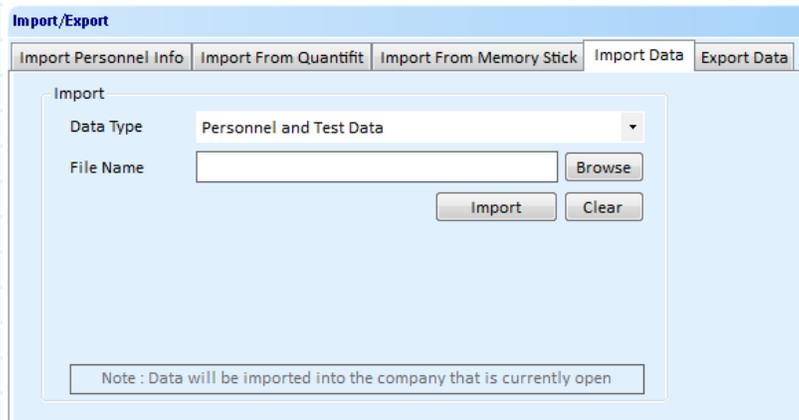


3. Make sure the selection is on "Personnel and Test Data"
4. If you check "Include All Dates" then all personnel and test history for that company will be exported. If you uncheck the box you will have an option of entering a date range that will filter the file for only tests done on or between those dates.
5. Select "Export"
6. You will be presented with the option of choosing where the file will be saved and what the file name will be. Select "Save" after location is chosen and file name is entered. A progress bar will confirm the file is being created and a message will appear when complete.



Transferring data by means of an Exported .CSV file (cont'd)

7. Copy the file just created to whatever means is convenient (flash drive, external drive, server, etc.)
8. On PC "B" start the software and Create a backup of PC "B" by either performing the backup manually (at the top of the TOOLS menu) or by exiting the program and answering "Yes" when asked if you want to backup. Restart the software after backup is complete.
9. Open the company that you want to import the data into.
10. Navigate to the **TOOLS** menu and choose the "Import Data" tab.
11. The selection will default to "Personnel and Test Data"

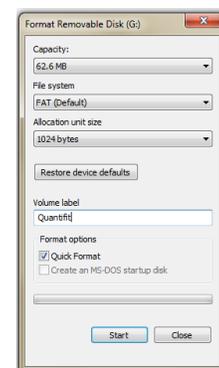


12. Browse to wherever you saved the file (flash drive, external drive, server etc.) and once the path appears in the File Name window, select "Import".
13. A progress bar will indicate the file is being imported. After the import is complete, select the **Personnel** menu and confirm that new names are present.

Tips for using a flash drive with Quantifit

Not all flash drives are created equal. Most brand-new drives come with resident programs and special offers which can affect the way the drive performs with the Quantifit. It is advisable to format a new drive which will remove all the "junk" files and create a truly blank flash drive. To format a flash drive do this:

1. Insert the flash drive into your computer.
2. Look for the drive by selecting "File Explorer" on Windows-10
3. Right-click on the flash drive and select "Format". You should see this screen.
4. Choose "Quick format" and add a name for the drive if you prefer.
5. Press "Start".



Creating and Restoring a Backup File for FitTrackGold

The process of creating and restoring a backup file is yet another way to move data from one PC to another. The main difference is that restoring a backup file will erase all data on the application and replace it with data in the backup file. This can be both good and bad. On one hand, by restoring a backup file, you can undo mistakes if the data gets corrupted or imported incorrectly. On the down side, you can potentially lose new test data on the application if you restore an older backup file that does not have the new test data in it.

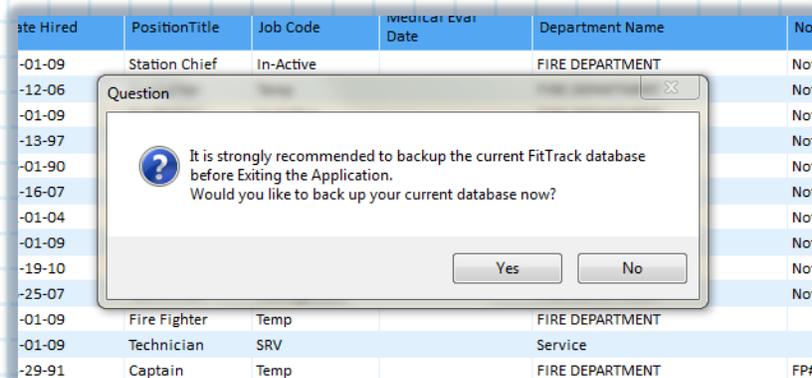
To perform a backup manually, navigate to the **TOOLS** menu and select the **Backup** tab at the top of the screen. The backup files are found and should always be saved to a folder at this address:

C:\FITTRACKGOLD

Here are some examples of how and when to use the RESTORE function to restore a backup file:

1. When setting up a brand-new PC and you have a second PC that already has FitTrackGold on it. Restoring a backup file from the old computer onto the new computer will create two computers with the same data, including all companies, personnel and test histories.
2. If you inadvertently import test data into the wrong company, restoring a backup file can undo the mistake providing a backup was created before the import was attempted.
3. Since all backup files are archived in a special folder, it is always possible to go “back in time” by restoring a backup done on a specific date. This could prove valuable in pulling an old record for an employee who is no longer on the current list. As with all functions like this, it is important to create a new backup before restoring an old one.

Your FitTrackGold software is set to remind you to run the backup every time you close the program. You should always answer “Yes” to the question and perform the backup.



To perform a backup manually, navigate to the **TOOLS** menu and select the **Backup** tab at the top of the screen. The backup files are found and should always be saved to a folder at this address:

C:\FITTRACKGOLD