



## TRANSFERRING YOUR NEW LEAF INFORMATION from eNewLeaf.com to your Garmin® device

Transferring your assessment and workout information to your Garmin device can be done in 3 easy steps:

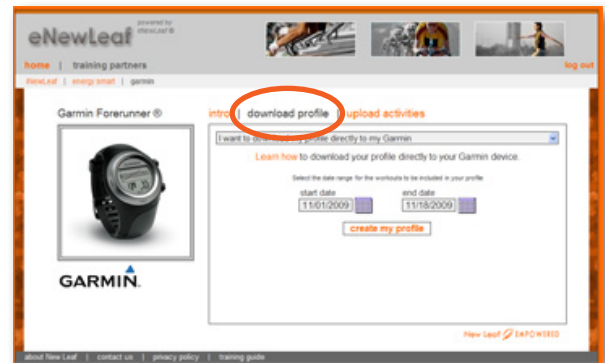
1. Install the Garmin ANT+ Agent  
[http://www8.garmin.com/support/download\\_details.jsp?id=3741](http://www8.garmin.com/support/download_details.jsp?id=3741)
2. Install the Garmin Communicator Plugin  
<http://www8.garmin.com/products/communicator/>
3. Create your Garmin profile and send to your device



- log into eNewLeaf.com and select the **Garmin logo** at the bottom of your home page

- confirm your device is paired with your computer and select **download profile**

- select **I want to download my profile directly to my Garmin** or using the pull-down, select **Download my profile as a file to be imported into Garmin Training Center**



- enter **start date** and **end date** of workouts to transfer to your Garmin (note: the Garmin FR60 does not require date range selection, only heart rate zones and caloric expenditure)
- select **create my profile** (note: when importing into Garmin Training Center, save the .nlf file, open Garmin Training Center, select the file, import New Leaf and select the.nlf file)

**New Leaf**  
350 Oak Grove Parkway  
St. Paul, MN 55127-8599  
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+651.484.4874  
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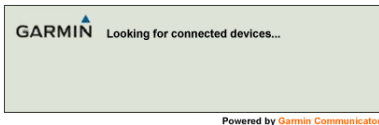
[www.newleaffitness.com](http://www.newleaffitness.com)

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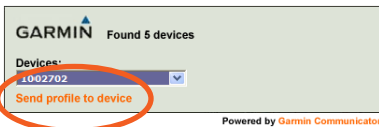
Product specifications subject to change without notice.

NL09-1049 Rev.C

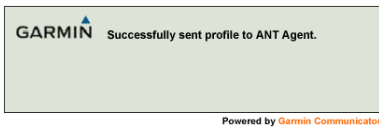
For more information visit our web site at [www.newleaffitness.com](http://www.newleaffitness.com)



- eNewLeaf will begin looking for connected devices



- once found, choose your device and select **Send profile to device**



- the following message will appear once your transfer is complete

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For more information visit our web site at [www.newleaffitness.com](http://www.newleaffitness.com)