



USING Digifit®

Transferring your workout information from iNewLeaf to eNewLeaf.com in 3 easy steps:

1. set up Digifit™ on your iPhone, iPod touch or iPad
2. enjoy a workout while recording your data
3. upload results to eNewLeaf.com for review

■ SET UP YOUR iPhone, iPod touch or iPad ○○○○○○○○○○○○>>

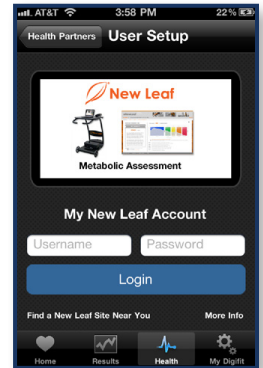


Digifit™ Connect

- insert the Digifit Connect into the device's dock connector

Setting up Digifit

- open Digifit on your device
- select **My Digifit**
- select **Partner Setup**
- select **New Leaf**
- enter your eNewLeaf login and password, select **Login**
- heart rate zones and workouts (if applicable) will be transferred to device
- return to **My Digifit** in main menu by selecting **Health Partners** then **My Digifit**
- select **My Sensors** and enable ANT+ compatible fitness sensors

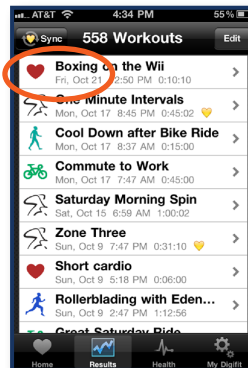


■ WORKOUT AND RECORD DATA ○○○○○○○○○○>>



OPTION 1

- select a workout icon (example: Run)



OPTION 1

- select **Workouts**
- select your scheduled New Leaf workout
- select **Start**
- select **Stop** when finished

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Product specifications subject to change without notice.

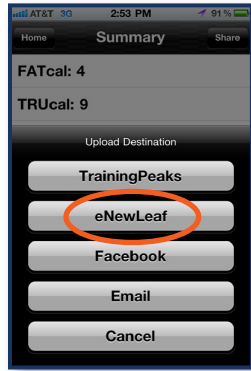
NL09-1050 Rev.D

For more information visit our web site at www.newleaffitness.com

■ UPLOAD AND SEND YOUR RESULTS TO eNewLeaf.com ○○○○○○○○○○○○>>



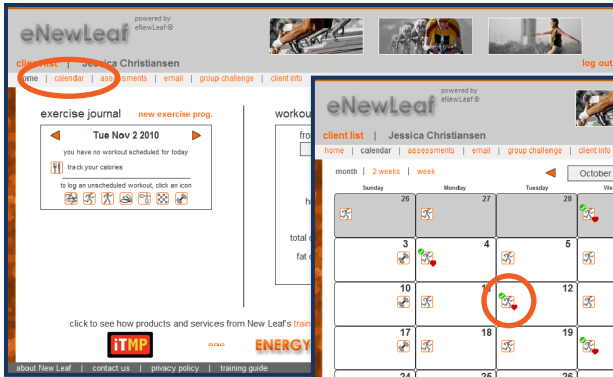
- once the workout is complete, select **Share** on the Summary screen



- select **eNewLeaf**

eNewLeaf.com

- log onto www.enuleaf.com
- enter login and password
- select **calendar** from the home page



- on desired date, select **red heart** to view **workout log**

