

## **TANITA Pro Software (GMON Health Monitor)**

Exporting and saving customer and measurement data

When you install the software on another / new laptop or computer, and you want to use the existing customer data and measurement data there as well, you must manually make a backup of the database on the old laptop or computer and then import it into the software on the new laptop or computer.

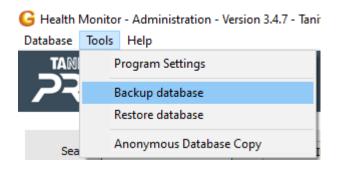
Note: The customer data and measurement data are stored locally (on your laptop or computer) and not in the cloud. When you don't make a manual backup of the client data and measurement data, and you get rid of your old laptop or computer, or you delete the database (Firebird), or you format your entire hard drive, then the client data and measurement data is gone and this cannot be restored.

Requisites: USB stick or other data carrier to save the backup and transfer it to new laptop or computer.

Open the customer administration of the TANITA Pro software (GMON):



## Go to Tools > Backup database:



A new window will open.

Click "search" and select the location where you want to save the backup file of the database, for example on a USB stick. (In the example, I will save the backup on my desktop). The file type is selected automatically, do not change this (GMON Backup (\*.gbak).



Save Customer Database	×
Configuration	
Archives:	
C:\Users\elisah.toebak\Desktop\BackUp_2022_08_19_1244.gbak	
🗁 Search 🔽 Compress data	
Add. information: Full backup of all customer data from 19/08/2022 12:44:54 Customer Count: 5	^
	$\sim$
State Customer Count: 5	
A Start backup	

G Opslaan als					×
$\leftarrow$ $\rightarrow$ $\checkmark$ $\uparrow$ $\blacksquare$ > Deze pc > Bureaublad		ٽ ×	🔎 Zoeken i	in Bureaublad	
Organiseren 🔻 Nieuwe map				III ▼ (	2
A Naam	Gewijzigd op	Туре	Grootte		1
Snelle toegang	04/02/22 11:10	Bestandsmap			
Bureaublad	05/07/22 10:24	Bestandsmap			
Downloads *	15/08/22 10:38	Bestandsmap			
🖆 Documenten 🖈	27/01/22 17:12	Bestandsmap			
📰 Afbeeldingen 🖈	16/08/22 15:48	Bestandsmap			
	17/08/22 17:11	Bestandsmap			
	01/12/21 11:51	Bestandsmap			
Bestandsnaam BackUp_2022_08_19_1244					~
Opslaan als: GMON Backup (*.gbak)					~
∧ Mappen verbergen			Opslaan	Annuleren	

Then click "Start backup".



When the green bar is full and it says "Backup successful", you can press the "Exit" button:

Save Customer Database	×
Configuration	
Archives:	
C:\Users\elisah.toebak\Desktop\BackUp_2022_08_19_1244.gbak	
🗁 Search 🗹 Compress data	
Add. information:	
Full backup of all customer data from 19/08/2022 12:44:54 Customer Count: 5	^
	~
State	
Backup successful (4.88 KB)	
🔬 Start backup 🛛 🗶 Exit	

The database is now saved on your USB stick (or other location if you selected another one).