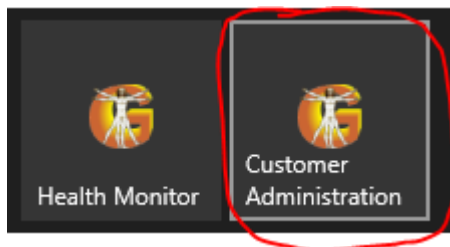## TANITA Pro Software (GMON Health Monitor)
Exporting and saving customer and measurement data

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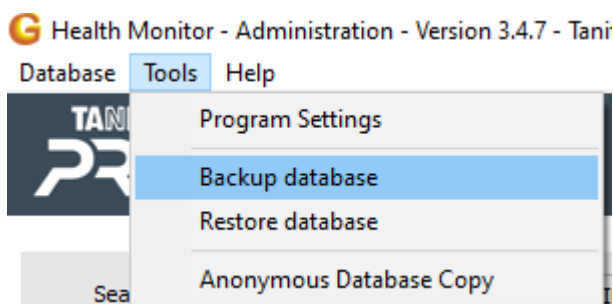
Note: The customer data and measurement data are stored locally (on your laptop or computer) and not in the cloud. When you don't make a manual backup of the client data and measurement data, and you get rid of your old laptop or computer, or you delete the database (Firebird), or you format your entire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

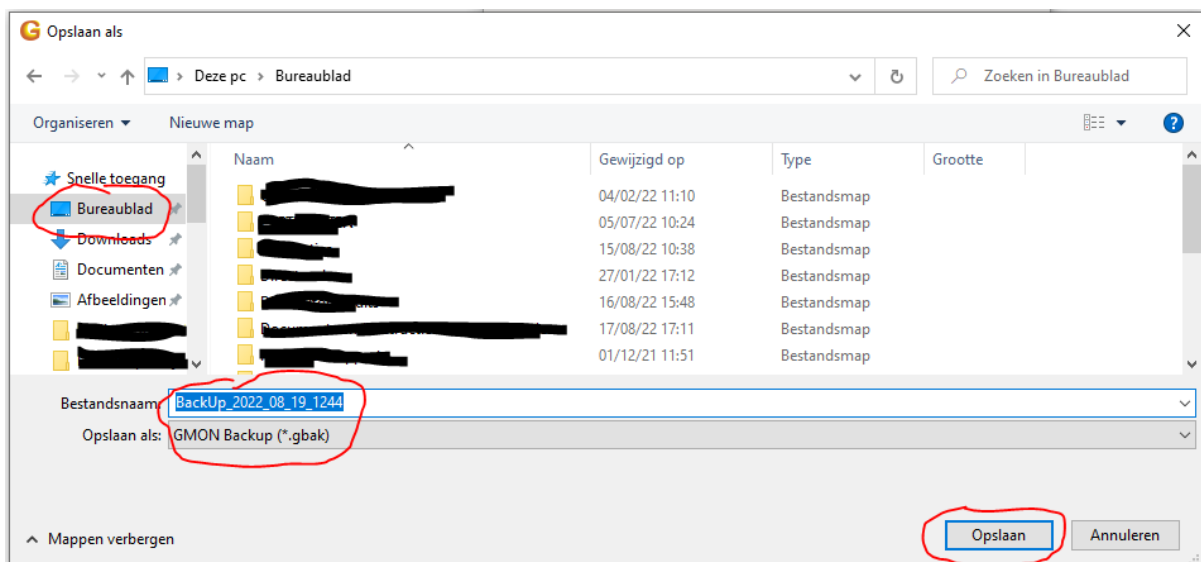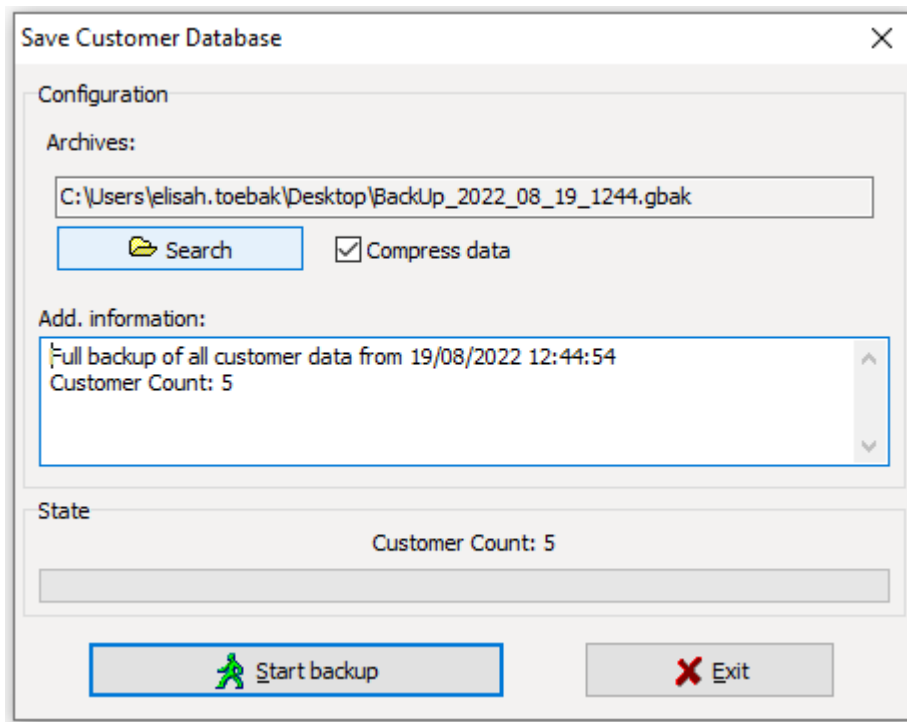Open the customer administration of the TANITA Pro software (GMON):
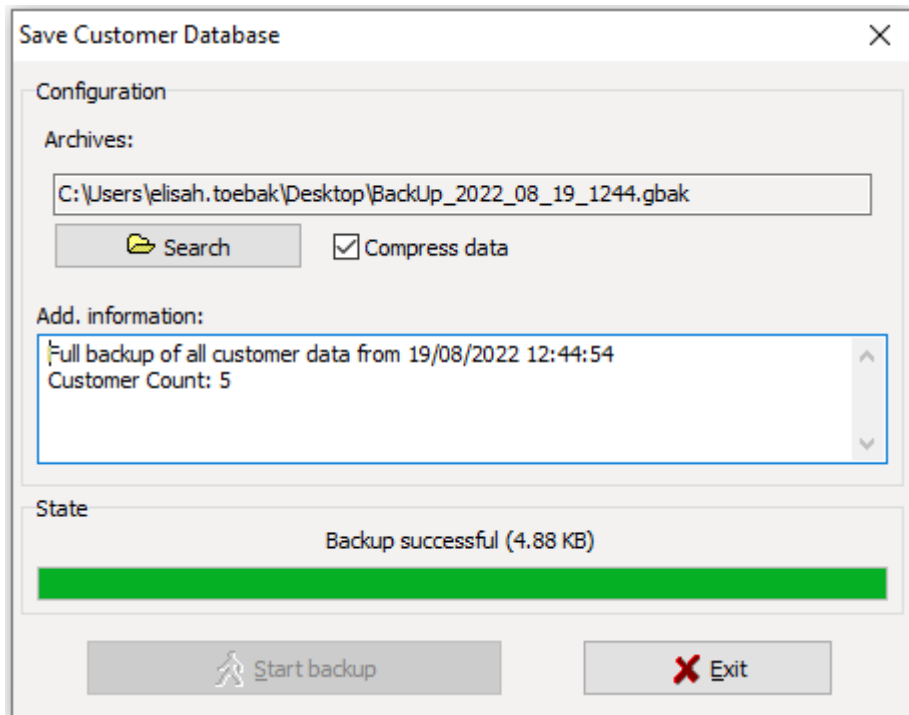

Go to Tools > Backup database:

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).

Then click "Start backup".

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

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