

iFit - Installation Notes

Install:

Download the *iFit* Windows installer from <http://www.liver.dk/ifit/download.html>. After downloading, double-click on the installer and follow the instructions. The *iFit* installer has been tested on Windows 7 (64-bit); it should work on any Windows version. Currently, there is no support for Linux or MAC.

The first startup:

A new ifit-folder will be created in `C:\Users\\` when you start *iFit* for the first time. This ifit-folder contains subfolders `ifit\sessions` (default folder for *iFit* sessions) and `ifit\log` (default folder for *iFit* logfiles). If these folders already exist, then nothing happens.

Updating:

iFit automatically notifies you when an update is needed. This ensures that you are always using a recent version of *iFit*. To update, simply: 1. Uninstall the existing version (see below), 2. Download, the new version, and 3. Install the new version.

Uninstall:

At any time, *iFit* can be completely removed using Control Panel → Uninstall a program. Note that this does not delete the *iFit* folder `C:\Users\\ifit\` that could contain data that you would like to keep.