

Moving Your Information Into a New Copy of FemCal

A new option on the Cycles page lets you access a web-server built into FemCal that lets you either **download all your stored cycle information**, or lets you **upload all your information**.

To access the new page, tap the **Backup or Restore** option in FemCal, from the **Cycles** page:



You'll now see the **Backup or Restore** page:



Type the displayed address into the browser on your desktop or laptop. It will be a different address on your device. Don't forget the **:8080** on the end. You might need **http://** at the beginning too.

Step 1: Downloading Your Information

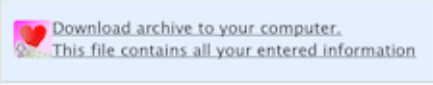
In your computer browser, you should see a page that will let you download a copy of your information to your computer.

FemCal Backup and Restore

This page provides the ability to download or upload an archive of all your entered information. This is useful if you would like to keep a separate copy of your information, and for when you may want to move or reenter information, for example after buying a new iPhone.

Download an Archive of All Your Entered Information

Save this file on your computer and keep it safe, since it contains all your entered information. You can reload it if you have problems and have to restore your iOS device, or if you get a new iOS device.



Download archive to your computer.
This file contains all your entered information

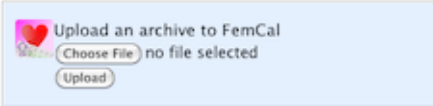
If you just get a page of garbled text in your browser, right-click on the blue box and choose [Save Link As...](#) or [Download Linked File As...](#) or similar.

Reenter an Archive into FemCal

Choose a FemCal archive from your computer and click **UPLOAD** to upload it.

Normally a FemCal archive file will be named something similar to `20110915 FemCal Cycle Data.archive`.

FemCal will let you know the range of dates, and number of days entered in the file, so you can **choose** whether to enter the information into FemCal.



Upload an archive to FemCal
Choose File no file selected
Upload

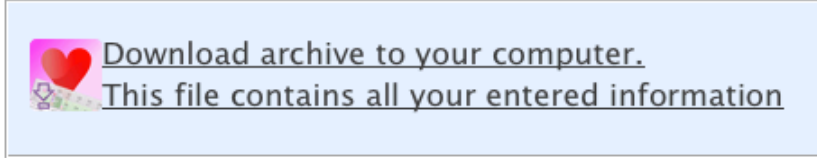
It may take a few seconds for the file to be uploaded, and FemCal to examine it. Please be patient.

If you experience any difficulties, please, click the following
[Email FemCal Support \(femcal@jonathanwatmough.com\)](mailto:femcal@jonathanwatmough.com)

The first part of the page lets you download a file that contains all your information. This is a .dat file that only FemCal knows how to open. Here's the top of the page in more detail:

Download an Archive of All Your Entered Information

Save this file on your computer and keep it safe, since it contains all your entered information. You can reload it if you have problems and have to restore your iOS device, or if you get a new iOS device.



Download archive to your computer.
This file contains all your entered information

If you just get a page of garbled text in your browser, right-click on the blue box and choose [Save Link As...](#) or [Download Linked File As...](#) or similar.

Click the underlined text to save a copy of the FemCal archive on your computer. Keep this file safe since it will let you reload your data into a new copy of FemCal if you need to.

Step 2: Re-entering All Your Information into FemCal

If you need to enter your data into FemCal again, here are the steps:

- Start **FemCal** on the device you want to enter data into,
- Display the **Cycles** screen and tap the **Backup or Restore** option,
- Type the address displayed on your device into your computer web browser,


You'll see this screen in your computer web browser (you might need to scroll down):

Reenter an Archive into FemCal

Choose a FemCal archive from your computer and click **UPLOAD** to upload it.

Normally a FemCal archive file will be named something similar to `20110915 FemCal Cycle Data.archive`.

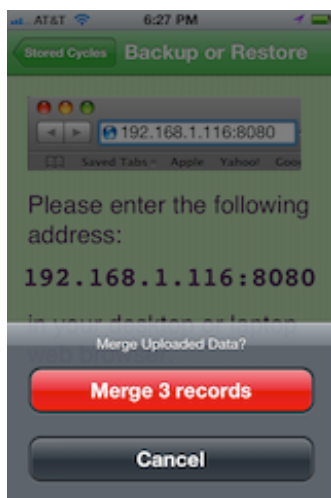
FemCal will let you know the range of dates, and number of days entered in the file, so you can **choose** whether to enter the information into FemCal.



It may take a few seconds for the file to be uploaded, and FemCal to examine it. Please be patient.

If you experience any difficulties, please, click the following
[Email FemCal Support \(femcal@jonathanwatmough.com\)](mailto:femcal@jonathanwatmough.com)

- Click **Choose File** and select the **FemCal data file** that you **downloaded** before.
- Now click **Upload** and the file will be entered into FemCal when you tap **Merge**, on your iPhone.



- When you click **Merge**, your information will be merged with anything already entered.

Look at the **Cycles** page again, your data should all be shown. Thanks for using FemCal.