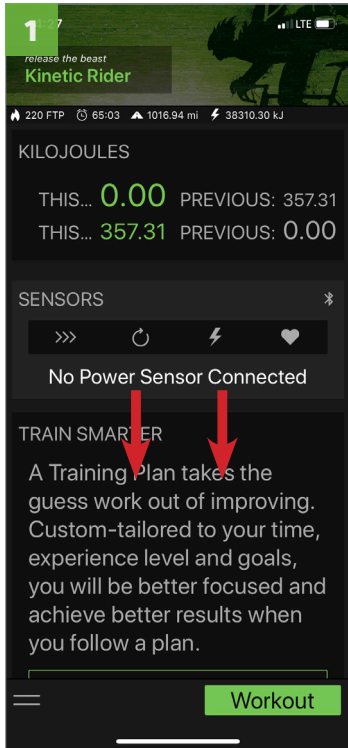
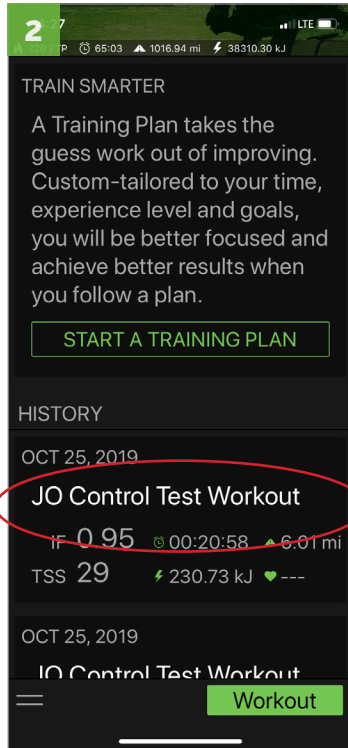


# Sending .fit files for power comparison graphing

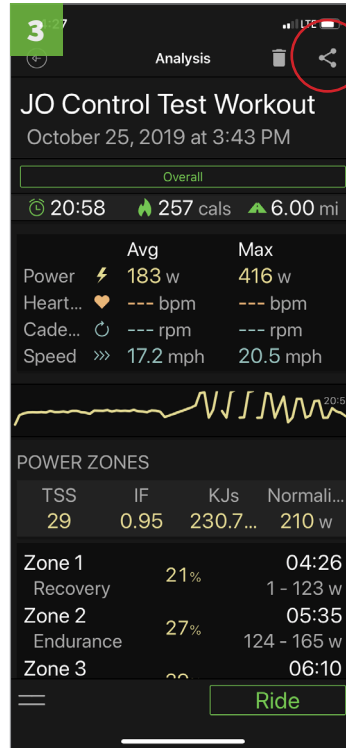
When submitting a trainer workout file and an external power meter file for comparison, we ask that you follow the protocols outlined here so that the .fit workout files can be accurately compared for power anomalies.



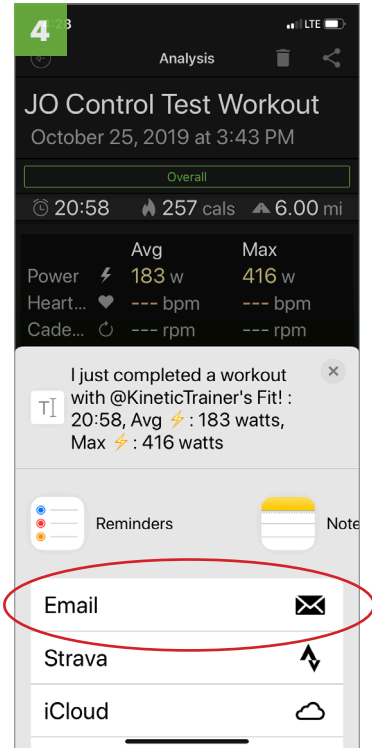
Launch Kinetic Fit app and scroll down



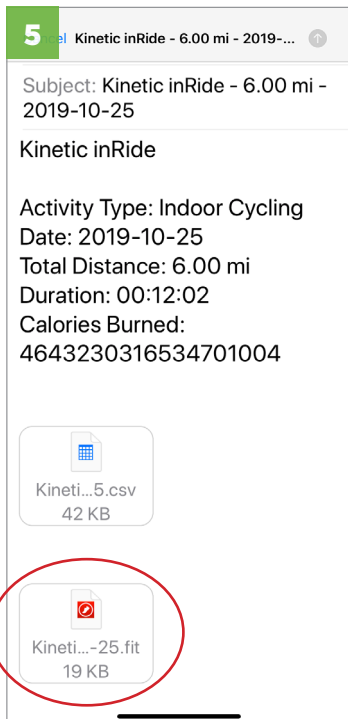
Select workout to share in workout HISTORY.



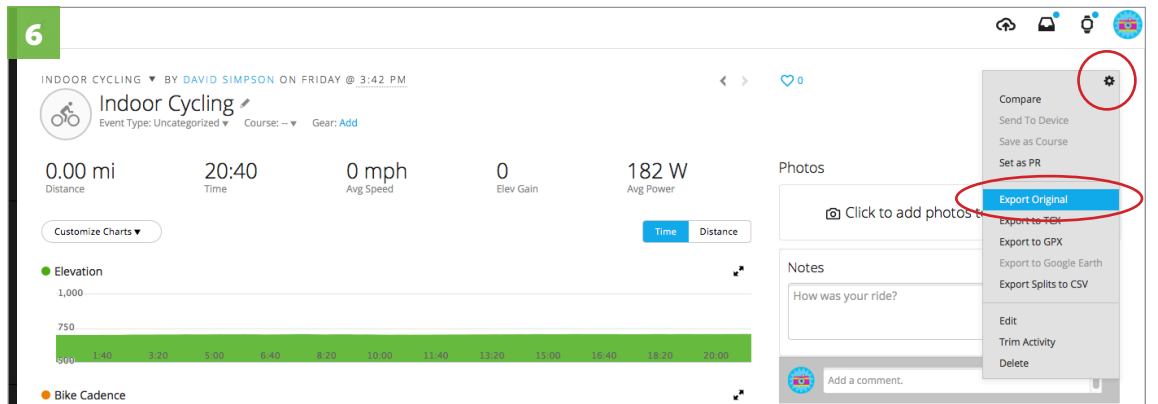
Select SHARE icon in upper right corner



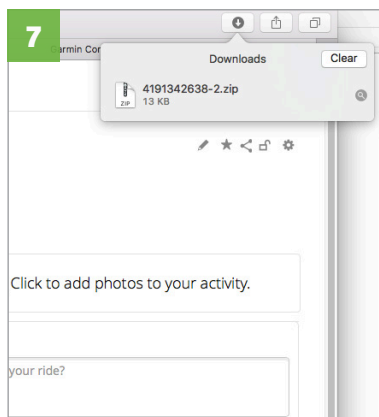
Select EMAIL and send attached files to yourself.



**IMPORTANT:** Email the workout .fit file to yourself and then reply to your customer support ticket email thread with both your .fit files attached. **Please include your current calibration spindown time for the workout.**



Send the corresponding power meter .fit file. Here's an example of sending a Garmin file from a Quarq power meter recording. Select the gear icon on the upper right and select Export Original from drop down.



The power meter file will appear in your downloads folder. Find it and attach it to your customer support ticket. **Please send .fit files.**

**NOTE:** If you haven't created a support ticket, please create one and attach both of your .fit workout files. One from the Kinetic Fit app for the trainer power file and one from the power meter you are using for comparison. Please also include your current calibration spindown time for the workout. **If you don't have a support ticket, you can also send it here: [support@kurtkinetic.zendesk.com](mailto:support@kurtkinetic.zendesk.com)**

**When creating comparison files, it's very important that you start the workout timers at the same time so that the workout synchronizes as much as possible. This allows us to better align the two .fit files in analysis software. Include trainer calibration time with files.**