

Jim Presented Apps he uses

- Coverter +
- Measures HD
- Yelp
- SoundAMP R
- Memorable Wines
- MyFitnessPal
- Evernote
- Trip Pages
- SailBook

Converter +

- Ever conversion you can image
- A great calculator with help for units conversion
- Showed how it helps with calculating a 50:1 mix of gas to oil



Favorites

All

Edit

Volume - Capacity

All

Starred

Angle

Area

Currency

Length - Distance

Temperature

Time

Velocity - Speed

Volume - Capacity

Weight - Mass

Tip Calculator

Mortgage Calculator

Loan Calculator

Inflation (US)

Volume - Capacity - 1

m³**0.010220612**

Cubic meter



ml

10,220.61182

Milliliter (ml, mil)

ft³**0.3609375**

Cubic foot



US barrel

0.064285714

US barrel



US gal

2.7

US liquid gallon



US dry gal

2.32029092

US dry gallon



US fl oz

345.6

US fluid ounce



US pint

21.6

US pint

Showing 8 of 30 units

mc

%

1

2

3

÷

C

mr

√

4

5

6

×

CE

m+

1/x

7

8

9

-



+/-

0

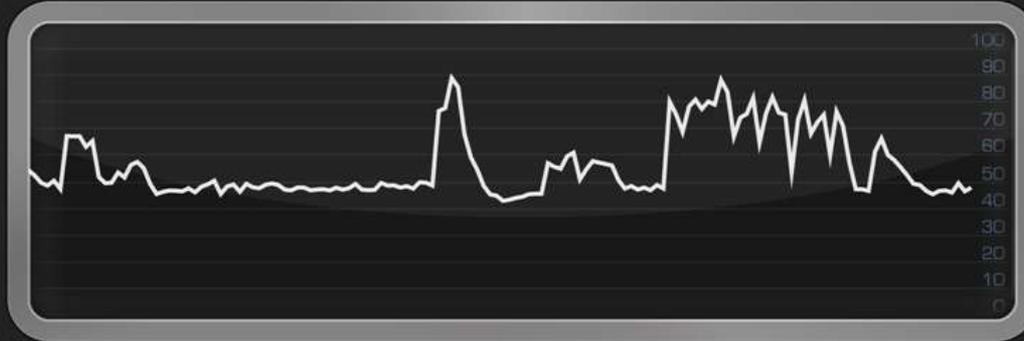
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+

=

Avg Quiet Home



Measures HD

- A sound meter
- Multiple timers
- Seismometer
- Plumb Bob
- Surface Level
- Protractor
- Timers

92 BPM



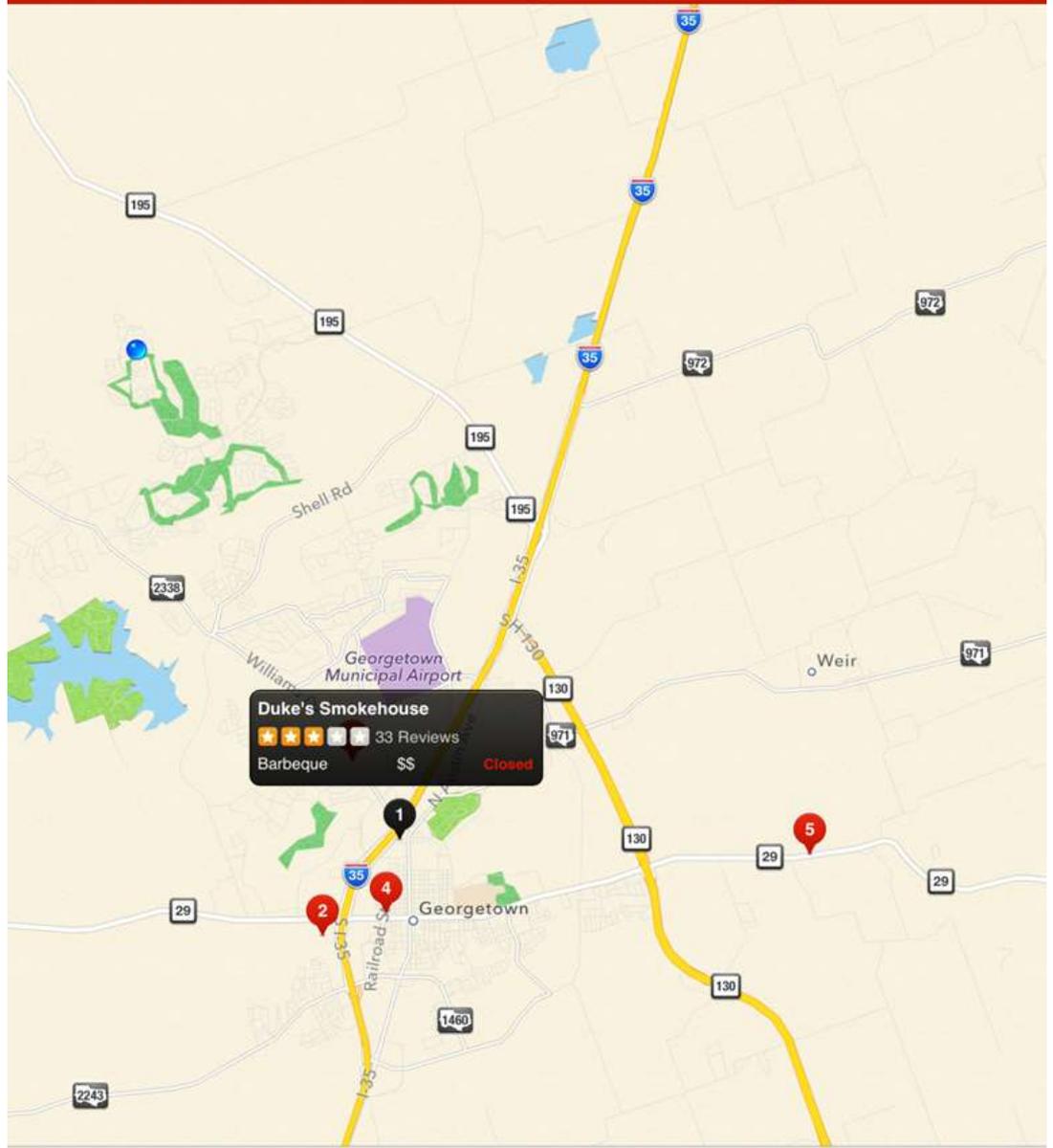
Tap here to change time signature

$\frac{3}{4}$ ●



Yelp

- Find restaurants or services
 - Near Home
 - On the road
- Review driven



Duke's Smokehouse
 ★★☆☆ 33 Reviews
 Barbeque \$\$ Closed

Redo Search In This Area

SoundAMP R

- Try a hearing aid before you buy

soundAMP R

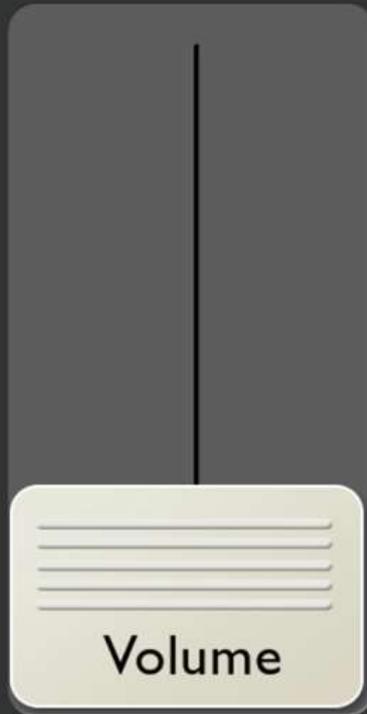
**Start
Recording**




Replay


Tune


Zoom



Volume

MULTITASK MODE  **OFF**

Memorable Wines

- Create a wine direy with pictures of the bottle
- Great when shopping
 - Find the good ones
 - Don't make the same mistake again

Back

My Wines



Mar 31, 2013 Sunday

Hann Pinot Noir 2011 Santa...

Red



Mar 21, 2013 Thursday

Bramble wood Zinfandel 201...

Red



Mar 17, 2013 Sunday

Meiomi Pinot Noir 2011 Sant...

Red



Feb 12, 2013 Tuesday

Trimbach Gerurztraminer 20...



Jan 29, 2013 Tuesday

Horse Haven Hills Columbia

Red

White

Rosé

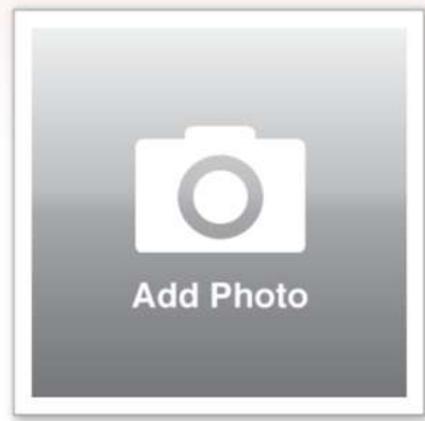
Sparkling

Dessert

Cancel **New Wine** Save

Apr 8, 2013 Monday

Add Wine Name



- Red
- White
- Rosé
- Sparkling
- Dessert

- Love It!

Add Voice Memo

Add Wine Notes

At Home Restaurant Winery Tasting Room Wine Bar
Friends Family Special Occasion Gift Try it

MyFitnessPal

- Great calorie counter
 - It has the calories for nearly everything already
 - Easy to adjust portion size
- Calorie credit for exercise
- Jim has lost 15 pound with it this year



jjwooll

15 lb
lost

Home



Food



Exercise



Progress



News



Friends



Messages



More

Summary

Daily

Weekly



Monday - Apr 8, 2013

Tuesday - Apr 9, 2013

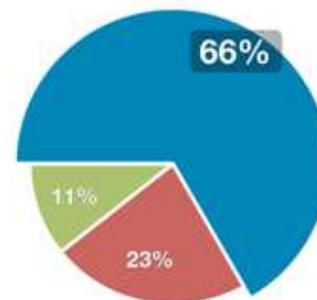
Wednesday - Apr 10, 2013

**1298** CALORIES
REMAINING

Goal	Food	Exercise	Net
2020	+ 722	- 0	722

Add Food

Add Exercise



Carbs

66% / 55%

Fat

23% / 30%

Protein

11% / 15%

See All Nutrients

Recent News

Diet with friends and lose up to 3x more. [Learn more.](#)**jjwooll** lost 1 pound since his last weigh-in! Jjwooll's lost 15 pounds so far.

Yesterday

[Comment](#)**jjwooll** burned 180 calories doing 35 minutes of "Walking, 3.5 mph, brisk pace"

2 days ago

[Comment](#)**jjwooll** completed his food and exercise diary for 04/07/2013



jjwooll

15 lb lost

Edit

Exercise

Add

Close

Cardio

Multi-Add

Frequent

My Exercises

All Exercises

Frequent Cardio Exercises

Sort

Walking, 3.5 mph, brisk pace

35 minutes

**Bicycling, 12-14 mph, moderate (cycling, biking, bike riding)**

39 minutes

**Walking, 3.0 mph, mod. pace, walking dog**

38 minutes

**Walking, 2.0 mph, slow pace**

50 minutes

**Bicycling, 10-12 mph, light (cycling, biking, bike riding)**

24 minutes

**Bicycling, 14-16 mph, vigorous (cycling, biking, bike riding)**

31 minutes

**Create a New Exercise**

Can't find what you are looking for?



Home



Food



Exercise



Progress



News



Friends



Messages



More

Minutes

Calories Burned

0

0

60

393

Reps/Set

Weight/Set

Add



jjwooll

15 lb
lost

Home



Food



Exercise



Progress



News



Friends



Messages



More

Progress

Weight



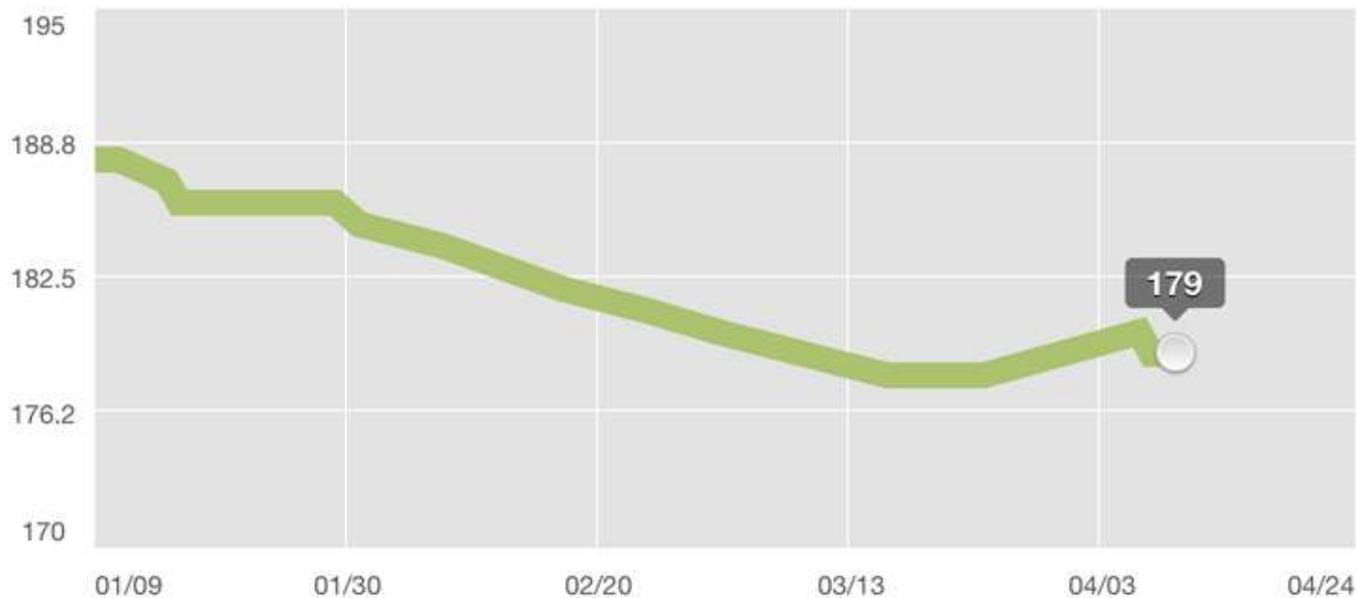
Update Weight

Today	Starting	Change	% Change
179 lbs	194 lbs	-15 lbs	7.7

30 days

60 days

90 days



Latest Entries

4/8/13 - Monday	179 lbs
4/7/13 - Sunday	180 lbs
3/25/13 - Monday	178 lbs



jjwooll

15 lb lost

Edit

Food

Add

Close

Add to Dinner

Multi-Add



Recent

Frequent

My Foods

Meals

Recipes

Search Results

Filet-O-Fish Ns

Mcdonald's, 1 sandwich, 380 calories

**Filet-O-Fish 5oz**

Mcdonald's, 1 sandwich, 390 calories

**Filet-O-Fish Sandwich Mcdonald's Nutritionfacts.Pdf 12/12**

Mcdonalds, 1 sandwich, 390 calories

**Filet-O-Fish Sandwich**

Mcdonald's, 1 Sandwich, 390 calories

**Filet-O-Fish Sandwich, Medium, Fries, Medium Diet Coke**

Mcdonalds Filet-O-Fish Meal, 556 g, 970 calories

**Filet-O-Fish Sandwich No/Tarter Sauce**

Mcdonalds (Usa), 1 sandwich - 123 grams, 300 calories

**Filet-O-Fish Sandwich With Bun (Correct)**

Mcdonald's, 1 sandwich tartar sauce & bun, 390 calories

**Filet-O-Fish Sandwich-No Cheese 1/13**

Mcdonalds, 1 sandwich, 360 calories

**Fish Mcbites - Snack Size**

Fat (g)	Protein (g)	Sodium (mg)	Sugar (g)
0	0	0	0
67	76	2500	40
67	76	2500	40

Add



Home



Food



Exercise



Progress



News



Friends



Messages



More



0

EverNote

- Shown as a replacement for a Franklin day planner
- Carries many year of history



Notebooks

Find a Notebook

Edit



\$ To Do

7 notes

BJWstuff

4 notes

Exercise Log

1 note

**Franklin Planner
Special Pages**

4 notes

Genealogy

14 notes

Old Frank...Summaries
20 notebooks

Stack for 2013
6 notebooks



Notebooks

Find a Notebook

Edit

Old Frank...Summaries
20 notebooks

Stack for 2013
6 notebooks



note

2007 Monthly Record
1 note

2008 Monthly Record
1 note

2009 Monthly Record
1 note

2010 Monthly Record
2 notes

2011 Monthly Record
12 notes

2012 00-Monthly Summaries
1 note

2012 11-November
9 notes

2012 12-December
13 notes

view all notes in
Old Franklin Planner Summaries

- 24 Walks in Waterton for me - Drive to Cammore
 26 Jim rafting - Park Hdqts in Banff for Info maps
 27 Johnston Creek + Lower + Upper Falls
 28 Grassi Lakes + Nordic Center - late, City walk
 29 Rawson Lake then Lynn Vernon stopped @ dinner
 30 Lake Louise early → Bus Lake O'Hara + Opabin Plateau
 31 Lake Moraine, Lake Louise + drive down Hwy 1a

August 2012 Index

Date	Index important information recorded on this month's Daily or Weekly Notes.
1	Hiked two places in Banff Area: "Oh Canada, eh?"
2	Laundry, packing shopping + TV olympics in London
3	Drove Icefields Parkway to Jasper - onto Glacier
4	Hiked utopia Pass Trail @ Mietta Hot Springs
5	Hiked at Maligne Lake + Maligne Canyon
6	mt. Edith Cavell Glacier + confluence of Rivers 93A
7	Icefields Parkway S to Vermillion Pass thru Kootenay N.P.
8	Jokalispell + fly to Traverse City → DBBC → to cranbrook
9-11	Regroup @ Duncan Bay NARA file John D. Wood
12	→ to North Channel - Harbor Island I
13	Customs @ Meldrum Bay → Vidal Bay I
14	Henry Is Sandbank (Kayak) → Battery Bluff I
15	Dwelle's lunch @ Clapperton W → Middleton Is I
16	To Little Current + dinner @ Garden's Gate w/ Eatons
17	Strong wind from W → Bad River I
18	Kayaked on Fr. River + stayed at Bad River I
19	Another windy day → Obstacle Island I
20	Kayak at Obstacle → Fox Bay I (rocks)
21	Rock Climbing + Kayak in Otter Bay - stayed I
22	From Fox Bay to Odjig Island I
23	From Odjig Is to Powell Cove (Heywood) I
24	Day in Little Current w/ dinner out
25	Bay of Islands (up to Jreson Is.) I
26	Motored/sailed some to Hotham Is. I
27	Motored to NW corner of the Whalesback I
28	Heading west to West Grant Island I
29	Motored on W to Millard Haven I

Sailbook

- A log book for sailors
- Similar Apps available for RV'ers



New Cruise

0.0 Sail (nm) | 0.0 Motor (nm)

Start - End

- 0.0d (4/10/13 - 4/10/13)
- 0.0/0.0 nm

- Date
- Location
- Course
- Miles
- Notes
- Sail
- Weather
- Wind
- Sea
- Technical

- Sail up
- Reef 1
- Reef 2
- Reef 3 ✓
- Reef 4
- Sail down

- Motor on
- Motor off ✓



Photo gallery



Date/GPS	Log	Course	Miles	Information
April 10, 2013 12:56 PM 0° 0' 0" N 0° 0' 0" E	00000.0	--	0.0/0.0 nm	Log entry
April 10, 2013 12:56 PM 30° 43' 58" N 97° 43' 59" W	00000.0	25°	0.0/0.0 nm	Log entry
April 10, 2013 12:57 PM 30° 43' 59" N 97° 43' 59" W	00000.0	--	0.0/0.0 nm	Log entry #1
April 10, 2013 12:57 PM 30° 43' 59" N 97° 43' 59" W	00000.0	--	0.0/0.0 nm	Log entry



TripPages

- A log book for travelers
 - Location
 - Pictures
 - Comments
- Easy save to your PC via Dropbox



SPEED: **-1.00 km/h** Alt: **0 meter**

High: n/a Low: n/a **n/a**

-  Tools
-  Map
-  Camera
-  Library

 Upload folder to Dropbox **Library** 

  Edit

 **paterica lakes**
Fri.Aug.3, 2012 08:51PM 
Lat 52° 54' 8" Long 118° 14' 16.55"
  

 **second north**
Thu.May.31, 2012 01:23PM 
Lat 60° 11' 40" Long 134° 16' 12.13"
  

 **test north**
Thu.May.31, 2012 12:28PM 
Lat 60° 11' 28" Long 134° 16' 12.14"

 Tools  Map  Camera  Library

Questions

- The meeting finished with general questions