

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

Angle

Area

Currency

Length - Distance

Temperature

Time

Velocity - Speed

Volume - Capacity

Weight - Mass

Tip Calculator

Mortgage Calculator

Loan Calculator

Inflation (US)

Volume - Capacity - 1



Volume - Capacity

All

Starred

★	m ³	0.010220612	Cubic meter	≡
★	ml	10,220.61182	Milliliter (ml, mil)	≡
★	ft ³	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



Avg Quiet Home



MAX
889

847

PEAK
847

Measures HD

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

92 BPM



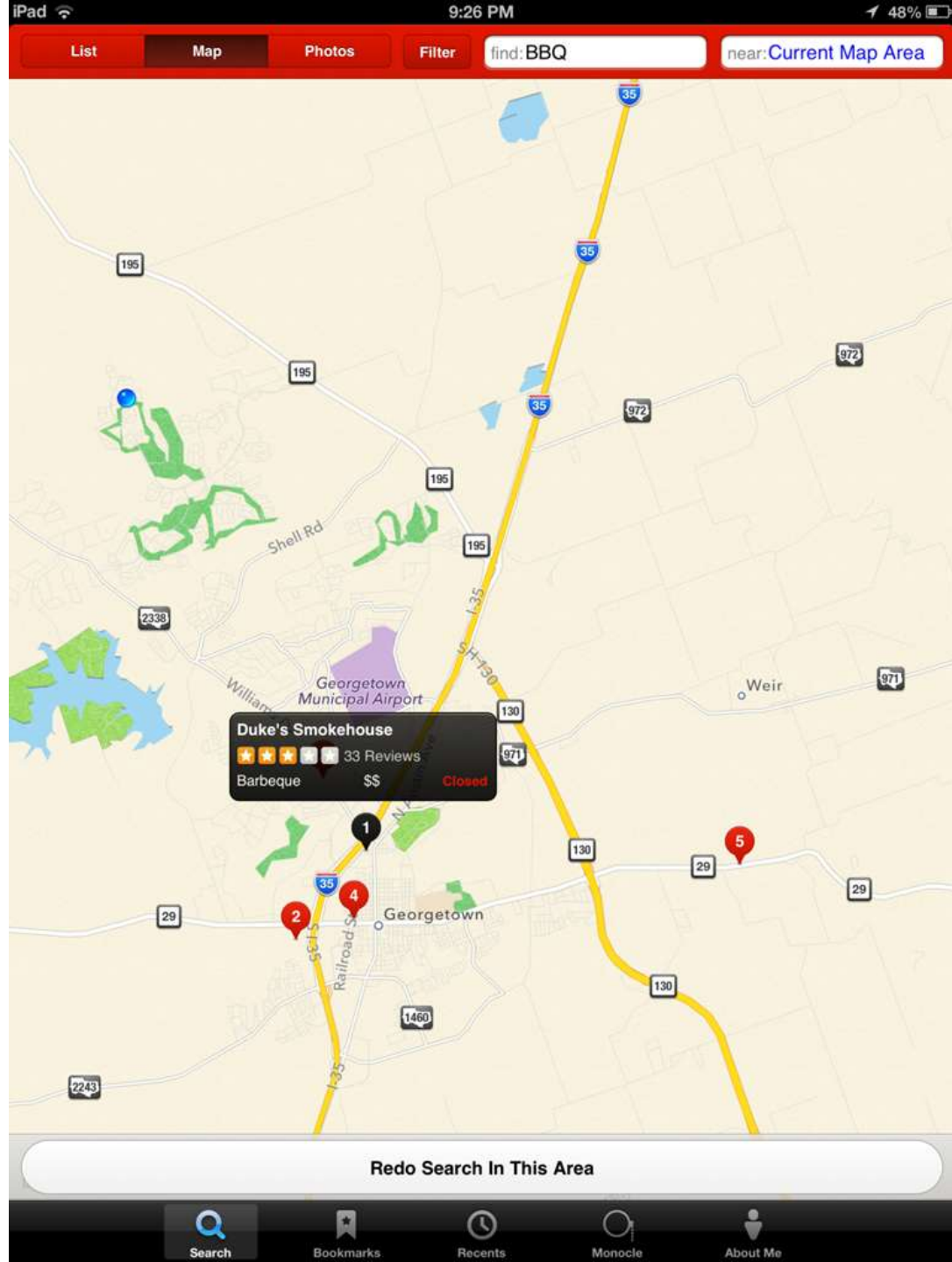
Tap here to change time signature

3/4



Yelp

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



SoundAMP R

- Try a hearing aid before you buy

soundAMP R

Start
Recording

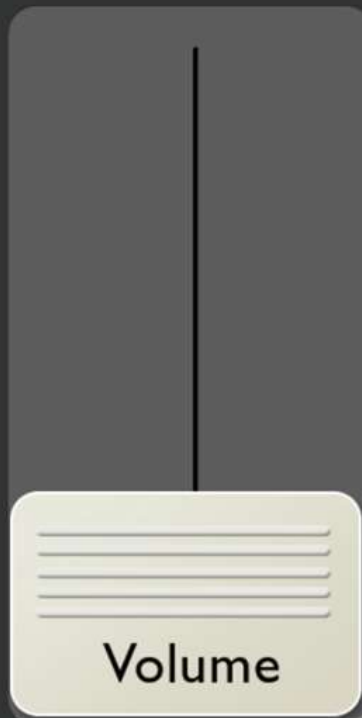
Replay



Tune



Zoom



Volume

MULTITASK
MODE >

OFF

Library

Settings

Info

Help

1x

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

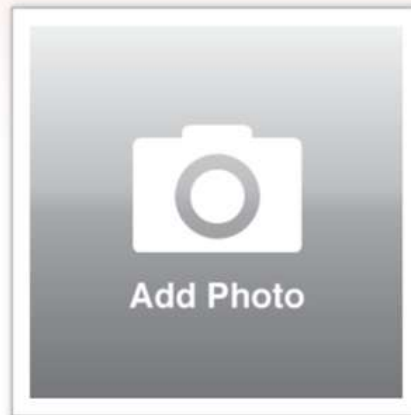
Cancel

New Wine

Save

Apr 8, 2013 Monday

Add Wine Name

☐ Red☐ White☐ Rosé☐ Sparkling☐ Dessert

Add Voice Memo

☐ Love It!

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

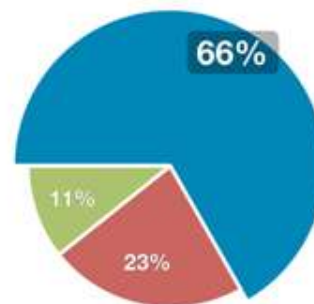


1298 CALORIES REMAINING

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

Home



Food



Exercise



Progress



News



Friends



Messages



More

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?

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
179 lbs

Starting
194 lbs

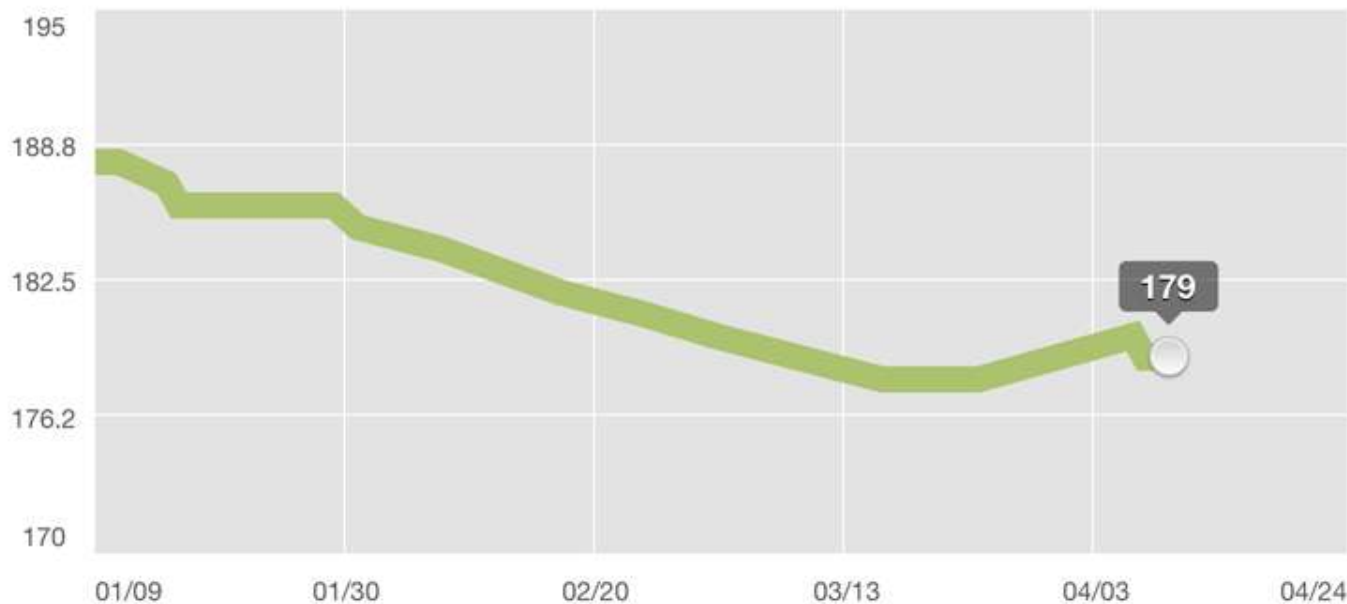
Change
-15 lbs

% Change
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

Home



Food



Exercise



Progress



News



Friends



Messages



More

Edit

Food

Add

Close

Add to Dinner

Multi-Add

Q McDonald's fish



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

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

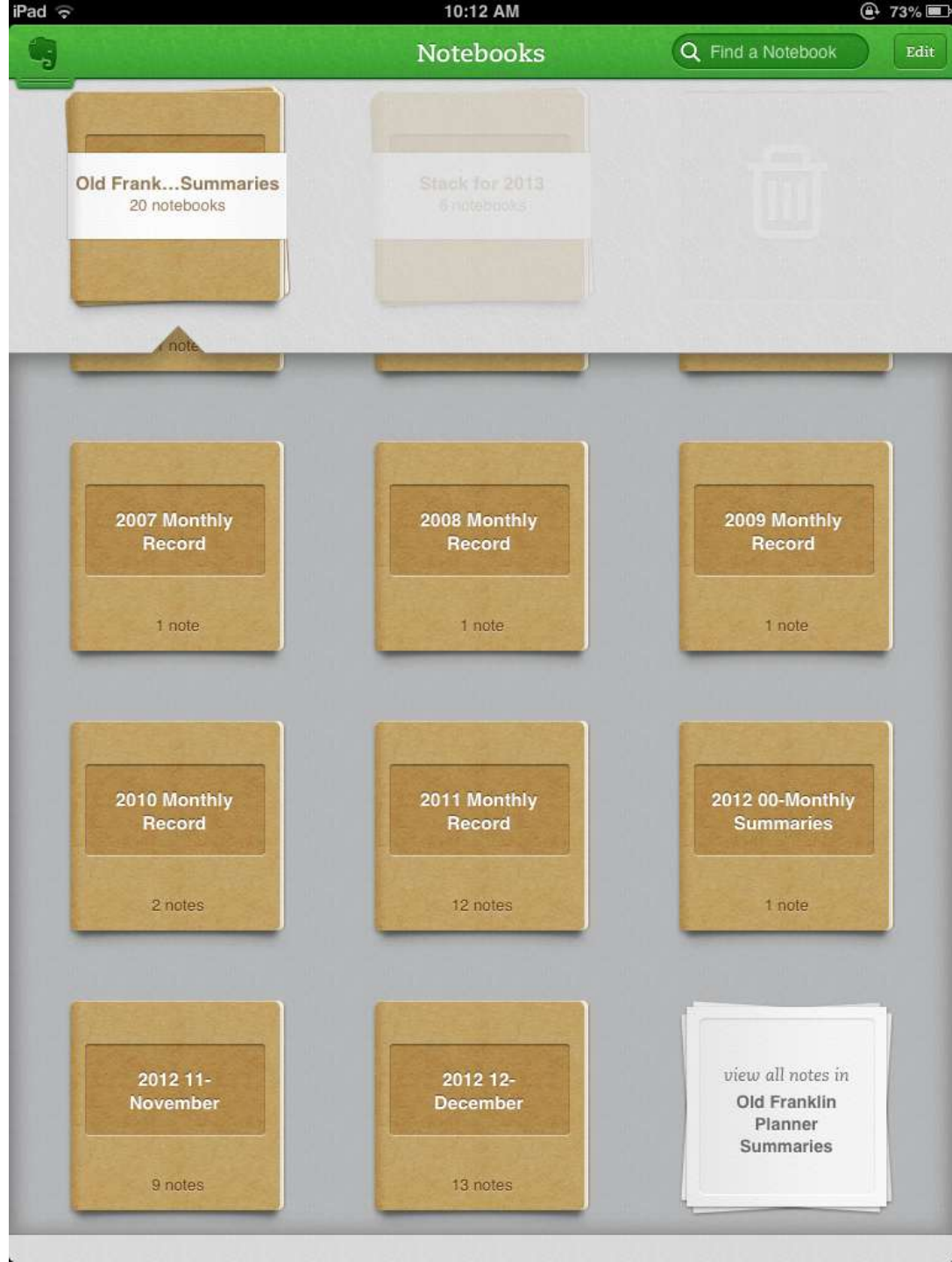
Franklin Planner
Special Pages

4 notes

Genealogy

14 notes

Old Frank...Summaries
20 notebooksStack for 2013
6 notebooks



- 24 Walks in Waterton for me - Drive to Canmore
- 26 Lim 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	Grove 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	Jokalspell + 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	Dweller'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 Tr. 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 Ireson 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 Milford Haven I


Sailbook

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


TripPages


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





 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' 12.2' 13"








test north
Thu.May.31, 2012 12:28PM
Lat 60° 11' 28" Long 134° 16' 12.2' 14"



 Tools

 Map

 Camera

 Library

Questions

- The meeting finished with general questions