

From: Sullivan, Timothy J.
Sent: 5/29/2013 1:29:28 PM
To: Dietz, Sidney (/O=PG&E/OU=Corporate/cn=Recipients/cn=SBD4)
Cc:
Bcc:
Subject: FW: 214.2 -- 218.6

Sid,

No change at weigh in – zip.

My daughter visited. I ate more, did not pig out, but no loss.

Tim

From: Sullivan, Timothy J.
Sent: Wednesday, May 22, 2013 11:38 AM
To: 'Dietz, Sidney'
Subject: RE: 214.2 -- 218.6

Hi,

That's the scale that I weigh in on every week on Wednesday. It is actually lower than I anticipated.

Thanks for the toy/gadget links. I'll check them out later.

Tim

From: Dietz, Sidney [mailto:SBD4@pge.com]
Sent: Wednesday, May 22, 2013 7:31 AM
To: Sullivan, Timothy J.
Subject: 214.2

That's what my scale said this morning.

Here's my version of the toy/gadget:

<http://app.strava.com/activities/55658131>

I got a discarded and deactivated phone from my boss last week, and was able to make it work for this Strava thing, which allows me to compete virtually with other cyclists. I think it's terribly cool.

By the way, here's the logger, the book, and the calorie counter I like to use:

<http://www.fourmilab.ch/hackdiet/e4/>

Next, the calorie counting tool, with the login:

<http://caloriecount.about.com/>

<http://caloriecount.about.com/cc/account/login.php>

I much prefer the Hackers' Diet weight tool to the others!

<https://www.fourmilab.ch/cgi-bin/HackDiet/>

Note that I haven't counted calories in a long time, but it totally works.

I hope you are well!

yours,

sid

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