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Sent: 5/22/2013 7:31:01 AM
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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