

[illegible]



End of Year
Totals

Principle
\$100,000.00
Interest
\$6,899.44
End of year 1

End of Year
Totals

End of Year
Totals

End of Year
Totals

End of Year
Totals

End of Year
Totals

End of Year
Totals

End of Year
Totals

Body Mass Index & Calorie Calculator

NOTE: Not to be used for health or weight purposes

Weight (in pounds)	138
Height (in inches)	5.2
Age (in years)	30

Women
1581.664

Men
1095.696

Approximate daily calorie intake to
maintain a weight of 138 pounds.

Your body mass index is 3560

Your maximum weight should be 0.969 pounds

Your minimum weight should be 0.775 pounds

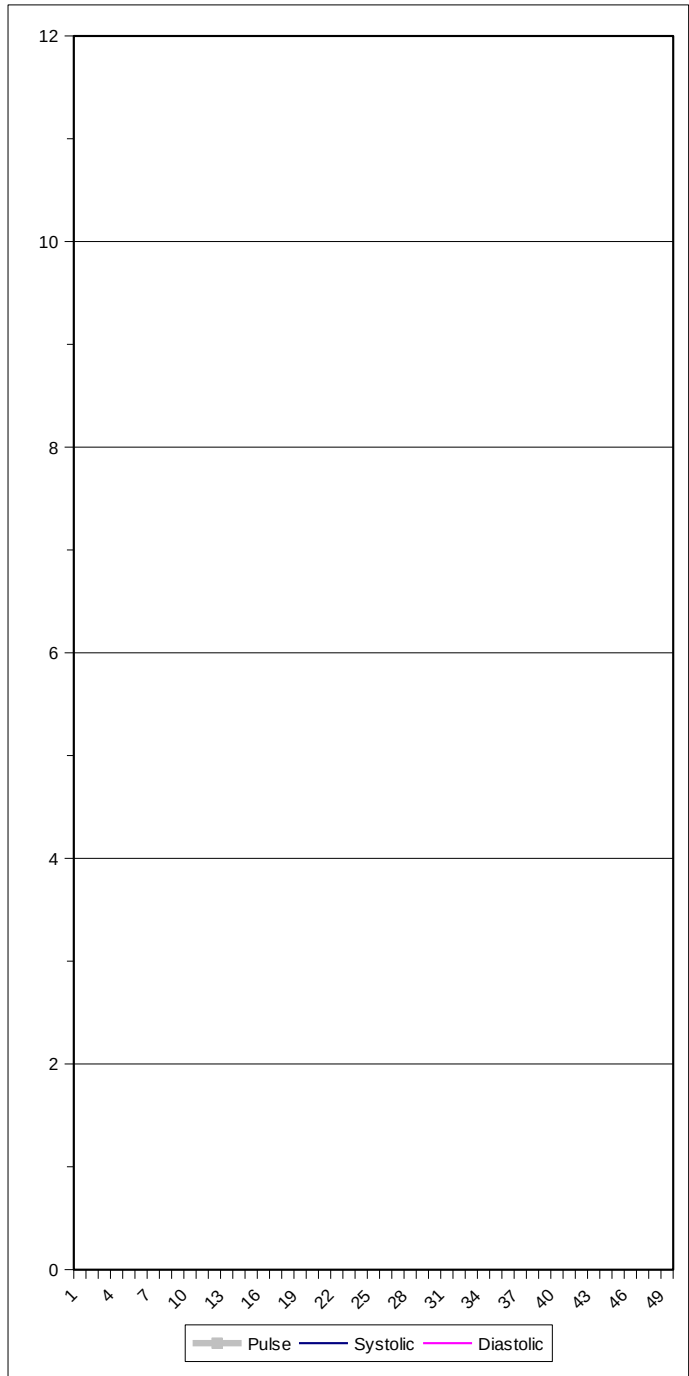
Your target body mass index should be 20 to 25. Over 30 is considered obese.

Name _____

Systolic = maximum pressure in blood vessels when heart beats.
over
Diastolic = minimum pressure in blood vessels between beats.

	Date	Time	Blood Pressure		Pulse	Pressure
			Systolic	Diastolic		
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						
32						
33						
34						
35						
36						
37						
38						
39						
40						
41						
42						
43						
44						
45						
46						
47						
48						
49						
50						

Min			
Max			
Range			
Average			
Std. Deviation			



	Systolic	Diastolic
Normal	139 or less	89 or less
Borderline	140 to 159	90 to 94
High	160 or more	95 or more

Pulse Pressure = Systolic BP (Avg.) - Diastolic BP (Avg.)

Avg. Pulse Pressure

Conversion Calculator

Metric to English

1 Millimeters= 0.03937008 Inches
 1 Centimeters= 0.39370079 Inches
 1 Meters= 3.2808399 Feet
 1 Meters= 1.0936133 Yards
 1 Kilometers= 0.62137119 Miles
 1 Celsius= 33.8 Fahrenheit
 1 Grams= 0.03527397 Ounces
 1 Kilograms= 2.20462248 Pounds
 1 Liters= 1.056688 Quarts
 1 Liters= 0.264172 Gallons

1 Radians= 0.01745329 Degrees

English to Metric

1 Inches= 25.4 Millimeters
 1 Inches= 2.54 Centimeters
 1 Feet= 0.3048 Meters
 1 Yards= 0.9144 Meters
 1 Miles= 1.609344 Kilometers
 1 Fahrenheit= -17.222222 Celsius
 1 Ounces= 28.3495167 Grams
 1 Pounds= 0.4535924 Kilograms
 1 Quarts= 0.94637105 Liters
 1 Gallons= 3.78541253 Liters

1 Degrees= 57.2957795 Radians

Convert

From

To

Square Meters <<<>>> Square Feet



250 Square Meters

x 10.76391 is the multiplier

2690.9775 Square Feet

Right Triangle Solver

Enter ONLY TWO known pieces of information

a=

b=

c=

X= 90

Y=

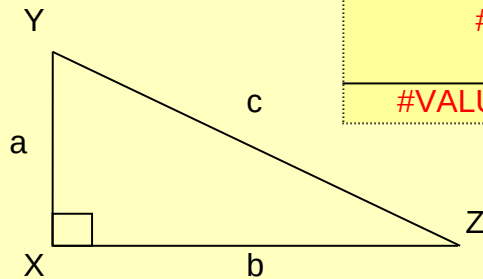
Z=

			Degrees	
a	b	c	Y	Z

Degree Converter

Degrees entered as a decimal will be converted to Deg, Min, Sec

6	Degrees	<input type="text"/> 6	6 Degrees
###	Minutes	<input type="text"/> 25	#VALUE! Minutes
	Seconds	<input type="text"/>	#VALUE! Seconds
#VALUE! Angle as a decimal			



NOTE: The Degree Converter above has no influence on the Right Triangle calculations.

Tap Drill Size For Inch & Metric 60 Degree Threads

Use the chart to the right to obtain the correct diameter for number screws

INCH		Tap Drill Size		Cold Form Tap Drill Size	
Screw Diameter	<input type="text"/> inches	inches		inches	
Threads per inch	<input type="text"/>	mm		mm	
Percent Thread	<input type="text"/> 75 %				
		Drill	Inches	Drill	Inches
Closest Inch Drill Bits					
Closest Millimeter Drill Bits					
METRIC		Tap Drill Size		Cold Form Tap Drill Size	
Screw Diameter	<input type="text"/> mm	mm		mm	
Thread Pitch	<input type="text"/> mm	inches		inches	
Percent Thread	<input type="text"/> 75 %				
Approximate Threads Per Inch					
		Drill	Inches	Drill	Inches
Closest Inch Drill Bits					
Closest Millimeter Drill Bits					

Screw Number	Screw Diameter
000	.034
00	.047
0	.060
1	.073
2	.086
3	.099
4	.112
5	.125
6	.138
7	.151
8	.164
9	.177
10	.190
12	.216
14	.242

Note:
This will not work with Pipe Taps

Drill Bit Equivalence

Decimal	Fraction	Number & Letter	Millimeter
0.0059 		97	0.15
Millimeter	Decimal		
0.15 	0.0059		
Number	Decimal		
1 	0.228		
Fraction	Decimal		
1/64 	0.0156		
Letter	Decimal		
A 	0.234		

Fraction	Decimal	Number	Millimeter	Fraction	Decimal	Number	Millimeter	Fraction	Decimal	Letter	Millimeter	Fraction	Decimal	Letter	Millimeter	Fraction	Decimal	Millimeter		
3/64	.0400	60	1.05	1/8	.1220	3.10	15/64	.2344	6.00	B	9.60	3/8	.3750	V	9.60	29/32	.9062	23.50		
	.0410	59			.1250	3.20		.2362					.3770				59/64		.9219	
	.0413				.1260	3.20		.2380					.3780						.9252	
	.0420	58			.1280	3.25		.2402					.3819				15/16		.9375	
	.0430	57	1.10	30	.1285	3.30	1/4	.2420	6.20	C	6.20	25/64	.3839	W	9.75	61/64	.9449	24.00		
	.0433				.1299	3.40		.2441					.3858						.9531	
	.0453				.1339	3.40		.2460					.3860						.9646	
	.0465	56			.1360	29		.2461					.3898						.9688	
	.0469		1.15	28	.1378	3.50	1/4	.2480	6.30	D	6.30	25/64	.3906	X	9.90	31/32	.9843	25.00		
	.0472				.1405	28		.2500					.3937						.9844	
	.0492				.1406	28		.2520					.3970				63/64		1	1.0000
	.0512				.1417	3.60		.2559					.4040				Y		1.0039	25.50
	1/16	.0520	55	1.30	9/64	.1440	27	17/64	.2570	6.50	F	6.50	13/32	.4062	Z	10.00	1-1/64	1.0156	26.00	
		.0531				.1457	3.70		.2598					.4130						1.0236
		.0550	54			.1470	26		.2610					.4134						1.0312
		.0551				.1476	26		.2638					.4219				1-1/32		1.0433
.0571			1.40	25	.1495	3.75	17/64	.2656	6.70	G	6.70	27/64	.4331	11.00	1-3/64	1.0469	27.00			
.0591					.1496	25		.2657					.4375					1.0625		
.0595		53			.1520	24		.2660					.4528					1.0630		
.0610					.1535	24		.2677					.4531			1-1/16		1.0781		
.0625			1.55	23	.1540	3.80	9/32	.2717	6.80	H	6.80	29/64	.4688	11.50	1-5/64	1.0827	27.50			
.0630					.1562	3.90		.2720					.4688					1.0827		
.0635		52			.1570	22		.2756					.4724					1.0938		
.0650					.1575	22		.2770					.4844			1-3/32		1.1024	28.00	
.0669			1.60	21	.1590	4.00	9/32	.2795	7.00	J	7.00	31/64	.4921	12.00	1-7/64	1.1094	28.50			
.0670		51			.1610	20		.2795					.4921					1.1220		
.0689					.1614	20		.2810					.5118					1.1250		
.0700					.1614	20		.2812					.5156			1-1/8		1.1406		
5/64	.0709	50	1.75	19	.1654	4.10	5/16	.2835	7.20	K	7.20	33/64	.5156	13.00	13.50	1-9/64	1.1417	29.00		
	.0728				.1660	4.20		.2854					.5312						1.1562	
	.0730				.1673	4.25		.2874					.5315						1.1614	
	.0748	49			.1693	4.30		.2900					.5469				1-5/32		1.1614	29.50
	.0760		1.85	18	.1695	4.30	9/32	.2913	7.30	L	7.30	35/64	.5512	14.00	14.50	1-11/64	1.1719	30.00		
	.0768	48			.1719	4.40		.2950					.5625						1.1811	
	.0781				.1730	17		.2953					.5709				1-3/16		1.1875	
	.0785				.1732	17		.2969					.5781						1.1875	
	.0787	47	1.95	16	.1770	4.40	19/64	.2992	7.50	M	7.50	37/64	.5906	15.00	15.50	1-13/64	1.2008	30.50		
	.0807				.1772	4.50		.3020					.5938						1.2031	
	.0810				.1772	4.50		.3031					.6094				1-7/32		1.2031	
	.0820	46			.1800	4.50		.3051					.6102						1.2188	
	.0827		2.00	15	.1811	4.60	5/16	.3071	7.75	N	7.75	39/64	.6250	15.50	16.00	1-15/64	1.2188	31.00		
	.0846				.1820	4.60		.3071					.6299						1.2205	
	.0846				.1850	4.70		.3110					.6406				1-1/4		1.2344	
	.0860	45			.1870	4.75		.3125					.6496						1.2402	
.0860		2.10	13	.1875	4.75	5/16	.3150	8.00	O	8.00	41/64	.6562	16.50	16.50	1-17/64	1.2500	32.00			
.0866				.1875	4.75		.3150					.6562						1.2598		
.0866	44			.1890	4.80		.3160					.6693				1-17/64		1.2656		
.0886				.1890	4.80		.3160					.6693						1.2795		
.0886		2.25	11	.1910	4.80	5/16	.3189	8.10	P	8.10	43/64	.6719	17.00	17.00	1-9/32	1.2812	32.50			
.0890				.1910	4.80		.3189					.6719						1.2812		
.0890	43			.1929	4.90		.3228					.6875				1-19/64		1.2969		
.0906				.1929	4.90		.3228					.6875						1.2992		
.0906		2.30	10	.1935	4.90	11/32	.3230	8.20	P	8.20	49/64	.6890	18.00	18.50	1-5/16	1.3125	33.00			
.0925				.1960	5.00		.3248					.7031						1.3189		
.0925	42			.1969	5.00		.3268					.7087				1-21/64		1.3281		
.0935				.1990	5.00		.3281					.7188						1.3386		
.0938		2.35	8	.1990	5.10	21/64	.3281	8.30	Q	8.30	23/32	.7188	17.50	18.50	1-21/64	1.3386	34.00			
.0945				.2008	5.10		.3307					.7283						1.3438		
.0960				.2010	5.10		.3320					.7344				1-11/32		1.3438		
.0965	41			.2031	5.20		.3346					.7480						1.3583		
.0980		2.40	7	.2040	5.20	11/32	.3386	8.50	R	8.50	47/64	.7480	19.00	19.00	1-23/64	1.3594	34.50			
.0984				.2047	5.20		.3390					.7500						1.3594		
.0984				.2047	5.20		.3390					.7500						1.3750		
.0984	40			.2047	5.20		.3390					.7656				1-3/8		1.3750		
.0995		2.50	5	.2055	5.20	5/16	.3425	8.70	S	8.70	51/64	.7656	19.50	19.50	1-25/64	1.3780	35.00			
.0995				.2055	5.20		.3425					.7677						1.3906		
.1015	39			.2067	5.25		.3438					.7750				1-25/64		1.3906		
.1015				.2067	5.25		.3438					.7750						1.3976		
.1024		2.60	4	.2087	5.30	11/32	.3445	8.75	T	8.75	25/32	.7812	20.00	20.00	1-13/32	1.4062	35.50			
.1040				.2090	5.30		.3465					.7874						1.4062		
.1063				.2126	5.40		.3480					.7969						1.4173		
.1063	37			.2126	5.40		.3480					.7969				51/64		.8071	1-27/64	1.4219
.1065		2.70	3	.2130	5.40	5/16	.3504	8.80	U	8.80	13/16	.8125	20.50	21.00	1-7/16	1.4370	36.50			
.1083				.2165	5.50		.3543					.8268						1.4370		
.1083				.2165	5.50		.3543					.8268						1.4375		
.1083	36			.2165	5.50		.3543					.8268				1-7/16		1.4375		
.1094		2.75	2	.2188	5.60	7/32	.3580	9.00	T	9.00	53/64	.8281	18.50	18.50	1-29/64	1.4531	37.00			
.1100				.2205	5.60		.3583					.8438						1.4567		
.1100				.2205	5.60		.3583					.8438						1.4567		
.1100	35			.2205	5.60		.3583					.8438				27/32		.8438	1-15/32	1.4688
.1102		2.80	2	.2210	5.70	23/64	.3594	9.20	U	9.20	55/64	.8465	21.50	21.50	1-33/64	1.4688	37.50			
.1110				.2244	5.70		.3622					.8594						1.4764		
.1110				.2244	5.70		.3622					.8594						1.4764		
.1110	34			.2244	5.70		.3622					.8594				55/64		.8594	1-31/64	1.4844
.1130		2.90	1	.2264	5.75	7/8	.3642	9.25	U	9.25	7/8	.8661	22.00	22.00	1-1/2	1.4844	38.00			
.1142				.2280	5.80		.3661					.8750						1.4961		
.1142				.2280	5.80		.3661					.8750						1.4961		
.1142	32			.2280	5.80		.3661					.8750				7/8		.8750	1-1/2	1.5000
.1160		3.00	A	.2283	5.90	23/64	.3680	9.40	U	9.40	57/64	.8858	22.50	23.00	1-33/64	1.5156	38.50			
.1181				.2323	5.90		.3701					.9055						1.5156		
.1181				.2323	5.90		.3701					.9055						1.5157		
.1181	31			.2323	5.90		.3701					.9055				57/64		.8906	1-33/64	1.5157

Fraction	Decimal	Number	Millimeter	Fraction	Decimal	Number	Millimeter	Fraction	Decimal	Letter	Millimeter	Fraction	Decimal	Letter	Millimeter				
1/64	.0059	97	0.15	3/64	.0453	56	1.15	9/64	.1378	28	3.50	17/64	.2520		6.40	13/32	.4062	Z	10.50
	.0063	96	0.16		.0465		.1405		28		.2559			6.50	.4130				
	.0067	95	0.17		.0469		.1406			3.60	.2570		F	6.60	.4134				
	.0071	94	0.18		.0472		1.20		.1417	27			.2598		6.60	.4219			
	.0075	93	0.19		.0492		1.25		.1440		3.70		.2610	G	6.70	.4331	11.00		
	.0079	92	0.20		.0512		1.30		.1457	26			.2638		6.75	.4375	11.50		
	.0083	91	0.21		.0520	55			.1470		3.75		.2656		6.80	.4528			
	.0087	90	0.22		.0531		1.35		.1476	25			.2657		6.90	.4531	12.00		
	.0091	89	0.23		.0550	54			.1495		3.80		.2660	H	7.00	.4688			
	.0094		0.24		.0551		1.40		.1496	24			.2677		7.10	.4724	12.50		
	.0095	88			.0571		1.45		.1520		3.90		.2717	I	7.20	.4844			
	.0098		0.25		.0591		1.50		.1535	23			.2720		7.25	.4921	13.00		
	.0100	87		.0595	53		.1540		4.00	.2756	J	7.30	.5000						
	.0102		0.26	1/16	.0610		1.55	5/32	.1562		4.10	9/32	.2770		7.40	1/2	.5118		
	.0105	86			.0625		1.60		.1570	22			.2795	K	7.50	.5156			
	.0106		0.27		.0630		1.65		.1575		4.20		.2810		7.60	.5312	13.50		
	.0110	85	0.28		.0635	52			.1590	21			.2812		7.70	.5315			
	.0114		0.29		.0650		1.70		.1610	20			.2835		7.80	.5469	14.00		
	.0115	84			.0669		1.75		.1614		4.25		.2854		7.90	.5512			
	.0118		0.30		.0670	51			.1654	19			.2874		8.00	.5625	14.50		
	.0120	83			.0689		1.80		.1660		4.30		.2900	L	8.10	.5709			
	.0125	82			.0700	50			.1673		4.40		.2913		8.25	.5781	15.00		
	.0126		0.32		.0709		1.85		.1693	18			.2950	M	8.30	.5906			
	.0130	81			.0728		1.90		.1695		4.50		.2953		8.40	.5938	15.50		
	.0134		0.34		.0730	49			11/64	.1719			.2969		8.50	.6094			
	.0135	80		.0748		1.95	.1730			4.60	.2992		8.60	.6102	16.00				
	.0138		0.35	.0760	48		.1732			4.70	.3020	N	8.70	.6250					
	.0142		0.36	.0768		2.00	.1770	17			.3031		8.80	.6299	16.50				
	.0145	79		.0781		2.05	.1772			4.80	.3051		8.90	.6406					
	.0150		0.38	.0785	47		.1800			4.90	.3071		9.00	.6496	17.00				
	.0156		0.40	.0787		2.10	.1811	16			.3110		9.10	.6562					
	.0157			.0807		2.15	.1820			5.00	.3125		9.20	.6693	17.50				
	.0160	78		.0810	46		.1850			5.10	.3150		9.30	.6719					
	.0165		0.42	.0820	45		.1870			5.20	.3160	O	9.40	.6875	18.00				
	.0173		0.44	.0827		2.20	.1875			5.25	.3189		9.50	.6890					
	.0177		0.45	.0846		2.25	.1890	12			.3228		9.60	.6980	18.50				
	.0180	77		.0860	44		.1910		5.30	.3230	P	9.70	.7087						
	.0181		0.46	.0866		2.30	.1929		5.40	.3248		9.80	.7188	19.00					
	.0189		0.48	.0886		2.35	.1935	11		.3268		9.90	.7283						
	.0197		0.50	.0890	43		.1960		5.50	.3281		10.00	.7344	19.50					
	.0200	76		.0906		2.40	.1969		5.60	.3307		10.10	.7480						
	.0210	75		.0925		2.45	.1990	10		.3320		10.20	.7500	20.00					
	.0217		0.55	.0935	42		.2008		5.70	.3346		10.30	.7656						
	.0225	74		.0938		2.50	.2010		5.80	.3386		10.40	.7677	20.50					
	.0236		0.60	.0945		2.55	.2031	9		.3390		10.50	.7712						
	.0240	73		.0960	41		.2040		5.90	.3425		10.60	.7874	21.00					
	.0250	72		.0965		2.60	.2047		6.00	.3438		10.70	.7969						
	.0256		0.65	.0980	40		.2055	8		.3445		10.80	.8071	21.50					
.0260	71		.0984		2.65	.2067		6.10	.3465		10.90	.8125							
.0276		0.70	.0995	39		.2087		6.20	.3480	S	11.00	.8268	22.00						
.0280	70		.1015	38		.2090		6.30	.3504		11.10	.8281							
.0292	69		.1024		2.70	.2126	7		.3543		11.20	.8438	22.50						
.0295		0.75	.1040	37		.2130		6.40	.3580		11.30	.8465							
.0310	68		.1063		2.75	.2165		6.50	.3583	T	11.40	.8594	23.00						
.0312		0.80	.1065	36		.2188		6.60	.3594		11.50	.8661							
.0315			.1083		2.80	.2205		6.70	.3622		11.60	.8750	23.50						
.0320	67		.1094		2.85	.2210		6.80	.3642		11.70	.8858							
.0330	66		.1100	35		.2244		6.90	.3661		11.80	.8906	24.00						
.0335		0.85	.1102		2.90	.2264		7.00	.3680	U	11.90	.9055							
.0350	65		.1110	34		.2280		7.10	.3701		12.00	.9062	24.50						
.0354		0.90	.1130	33		.2283		7.20	.3740		12.10	.9219							
.0360	64		.1142		3.00	.2323		7.30	.3750		12.20	.9252	25.00						
.0370	63		.1160	32		.2340	A	7.40	.3770	V	12.30	.9375							
.0374		0.95	.1181		3.10	.2344		7.50	.3780		12.40	.9449	25.50						
.0380	62		.1200	31		.2362		7.60	.3819		12.50	.9531							
.0390	61		.1220		3.20	.2380	B	7.70	.3839		12.60	.9646	26.00						
.0394		1.00	.1250		3.25	.2402		7.80	.3858		12.70	.9688							
.0400	60		.1260		3.30	.2420	C	7.90	.3860	W	12.80	.9843	26.50						
.0410	59		.1280		3.40	.2441		8.00	.3898		12.90	.9844							
.0413		1.05	.1285	30		.2460	D	8.10	.3906		13.00	1.0000	27.00						
.0420	58		.1299			.2461		8.20	.3937		13.10	1.0039							
.0430	57		.1339			.2480		8.30	.3970	X	13.20	1.0156	27.50						
.0433		1.10	.1360	29		.2500	E	8.40	.4040	Y	13.30	1.0236							

Bolt Circle Calculator

Hole # X = Y = Degrees Hole # X = Y = Degrees

Enter First X & Y as
Incremental
or Absolute
from Bolt Circle Center

First X =

First Y =

of Holes =

Absolute

Bolt Circle Center

X Center =

Y Center =

Rounded

Precision =

The calculated
coordinates are
ABSOLUTE.

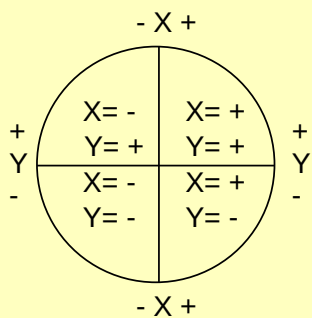
Each hole is apart by:

Degrees

Minutes

Seconds

Rotation



Spiral Calculator

Hole #	X =	Y =	Degrees	Hole #	X =	Y =	Degrees	Hole #	X =	Y =	Degrees
--------	-----	-----	---------	--------	-----	-----	---------	--------	-----	-----	---------

Enter First X & Y

Coordinates

First X =

First Y =

Seperation Per Hole

Degrees =

Spiral Offset

Per Hole =

Per Rev =

Number of

Revolutions

Revolutions =

Rounded

Precision =

Each hole is apart by:

Degrees

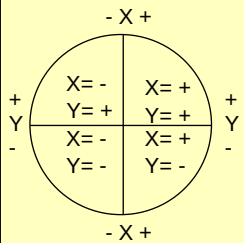
Minutes

Seconds

Rotation

Spiral

Inward



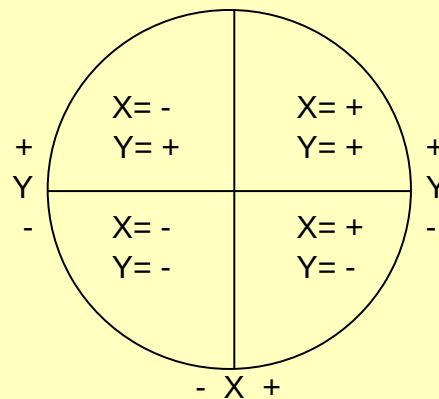
Rotation of an " X & Y " coordinate

A negative Angle of Rotation is equal to a counter clockwise rotation

Original X =	<input type="text"/>	<u>Degrees</u>	<u>Move</u>	<u>New X</u>	<u>New Y</u>
Original Y =	<input type="text"/>				
Angle of Rotation (in degrees) =	<input type="text"/>				
Number of times rotated =	<input type="text" value="1"/>	15 max.			
Rotating Axis Absolute X Center =	<input type="text" value="0.0000"/>				
Rotating Axis Absolute Y Center =	<input type="text" value="0.0000"/>				

- X +

NOTE:
The Original X & Y
should be entered
as INCREMENTAL,
taken from the
center of the
rotating axis.
The New X & Y will
be ABSOLUTE.

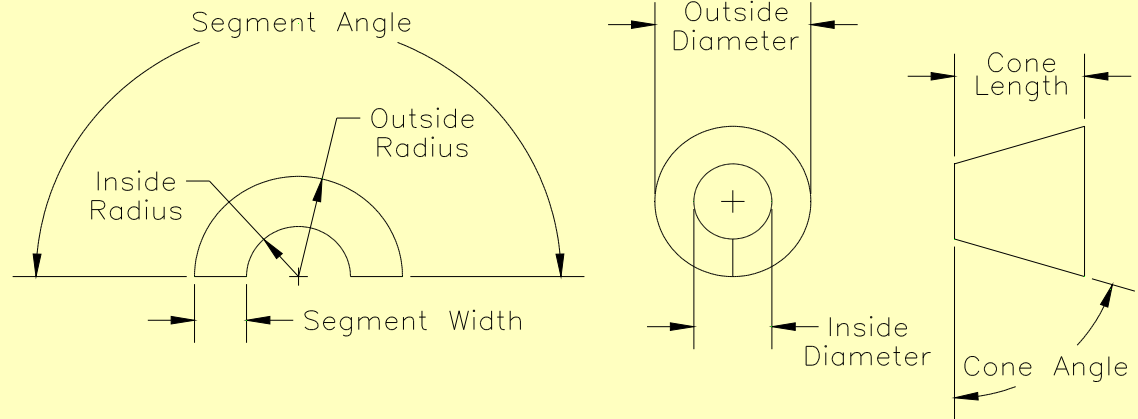


CONE FABRICATION

This will help you to layout a cone on a flat surface.

NOTE: This does not allow for material thickness.

		Inside Radius	Outside Radius	Segment Angle	Segment Width	Inside Diameter	Outside Diameter	Cone Length	Cone Angle
Inside Diameter									
Outside Diameter									
Cone Angle									
Cone Length									
Segment Width									
Degrees in Cone Segment	360								
Overlap in Degrees	0								



Circle Segment Calculator

Enter TWO knowns

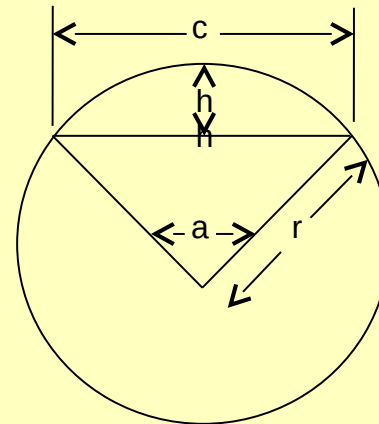
Angle in degrees	a=	<input type="text"/>
Chord Length	c=	<input type="text"/>
Height	h=	<input type="text"/>
Radius	r=	<input type="text"/>

a

c

h

r



Polygon Solver

Must enter NUMBER OF EQUAL SIDES and one other

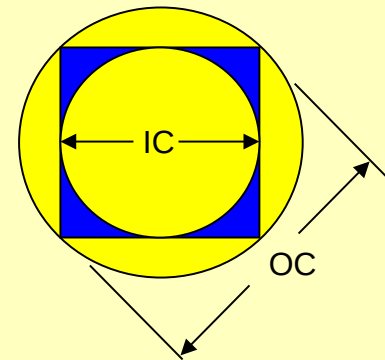
Number of Equal Sides ES=
Inner Circle Diameter IC=
Outer Circle Diameter OC=

IC

OC

NOTE:

Although a square is drawn, this will work with 3 equal sides and greater.



Values of a Trigonometric Function

You can enter DEGREES as a decimal and it will be converted to DEG,MIN,SEC.

3	Degrees	<input type="text" value="3"/>	3 Degrees	Sine = 0.05322193
0.05	Minutes	<input type="text" value="3"/>	3 Minutes	Cosine = 0.99858271
###	Seconds	<input type="text" value="3"/>	3.00 Seconds	

Angle as a decimal

Total

Sine bar length = inches

Sine bar length = millimeters

Tangent = 0.05329747

Cotangent = 18.7626178

Secant = 1.0014193

Cosecant = 18.7892477

Radians = 0.05324709

NOTE: Enter the sine bar length above.

The required height needed under one end
of the sine bar to obtain the desired angle.