

Time Saving Gizmos October 2005

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Turbo-Charge Your Treo

The Treo and other smart phone and PDAs are essential time savings gadgets. Out of the box they give you less than half of your time saving potential. To really save time you need to load them with right software and enable the right services. You want to make sure that your phone book gets loaded in to the phone so that you can speed dial any of your contacts. Voice activated calling, text messaging, and web services are also time savers. You will want to also use a calendar and to-do list on your phone. Some other essential time saving add-ons include shopping list software, password management software, and music software. With music software you can use your phone as an MP3 player and you can also listen to books on tape or daily newspapers with service from www.audible.com this allows you to “read” the current headlines or the latest best seller while you run your other errands. To make this even easier get and adapter to plug in to your car stereo.

Hi-Tech Fitness Help

There are some great time saving gadgets to help in the fitness arena. Anyone who likes to keep track of their workouts or calories burned can save a lot of time over paper and pencil logs and journals. SportBrain (www.sportbrain.com) offers “smart” pedometers that automatically track your workouts and keep the results on the web. You can easily see time, date, distance, duration, and calories burned with a few clicks of the mouse. Polar (www.polarusa.com) heart rate monitors have a long history with fitness enthusiasts. They sell several models that will track your workouts and can upload the records to your computer. Some models will even track the speed and distance of your runs. In addition to saving you the time of manually tracking your workouts these devices tend to be much more accurate than your memory. For those of us on a diet there are several diet and exercise programs for the smartphone. You can log what you eat and see the nutritional makeup of your diet including calories, fat etc. One of my favorites is HealthETech’s BalanceLog (<http://www.healthetech.com/balancelog/>) which allows you to enter your food log via the web, your PC, and your Treo/PDA and keeps all three synchronized.

Online Banking and Bill Pay Services

One of the most effective technologies for time saving is online banking and bill pay. Most banks now offer you the option of paying bills electronically and many bills can now be received electronically. Online banking frequently allows you to “balance” your checkbook online which is also a time saver. To save even more time you should consider a bill management service such as PayTrust (www.paytrust.com) such services receive all your bills. They scan them in so that all bills are available electronically. The service will automatically pay bills for you according to the rules you set up. This can save you literally save hours a week now spent opening bills, sorting them, and paying them.

This GizmoUniversitySM Quick Tip is brought to you by Mike Fritsch, the GizmoPhdSM contact us”

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