

When I'm digitizing freehand notes or reflowing a pdf with an llm, I'm comfortable with qwen, long formulas:

$$\begin{aligned}\frac{d}{dt}E(t) &= \int_M \langle \dot{X}, X \rangle_g \mu_g = - \int_M \langle \nabla_X X, X \rangle_g \mu_g - \int_M \langle \nabla p, X \rangle_g \mu_g = \\ &\quad - \int_M \left\langle \nabla \left(\frac{1}{2} \|X\|_g^2 + p \right), X \right\rangle_g \mu_g,\end{aligned}$$

if the prompt asks for the latex code, they tend to overfull. To solve this, I ask for the markdown code with the prompt ‘markdown code with latex of this’.