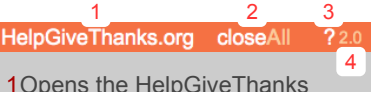
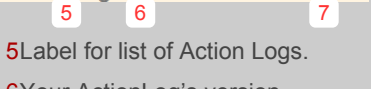


HelpGiveThanks Solution Dashboard

From here you can open any solution and any library.



- 1 Opens the HelpGiveThanks website's Overview page.
- 2 Closes all HelpGiveThanks apps.
- 3 Opens this Help window.
- 4 Your Help solution's version number. Check the HelpGiveThanks.org website periodically to insure that you have the most current version.



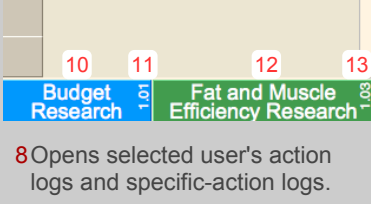
- 5 Label for list of Action Logs.
- 6 Your ActionLog's version number. Check the HelpGiveThanks.org website periodically to insure that you have the most current version.
- 7 Creates a new user. A popup window opens just after clicking this button asking for your birth date.

Enter your date of birth so that this program can calculate your new day number, every day.

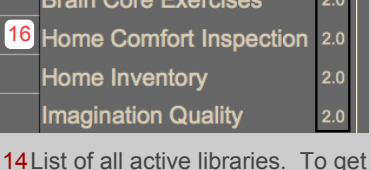
use date format: 01/01/1900

OK

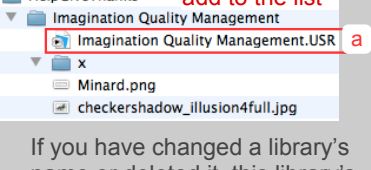
The New Day feature will always tell you your current day. By honoring each day we can learn to feel comfortable noting both how we spend each day's time and over many days how the quality of our lives improves in very small ways noted in the specific action log.



- 8 Opens selected user's action logs and specific-action logs.
- 9 Action log user name. Click to edit.
- 10 Opens the Budget Research solution.
- 11 Your Budget Research solution's version number. Check the HelpGiveThanks.org website periodically to insure that you have the most current version.
- 12 Opens the Fat and Muscle Efficiency Research solution.
- 13 Your Fat and Muscle Efficiency Research solution's version number. Check the HelpGiveThanks.org website periodically to insure that you have the most current version.

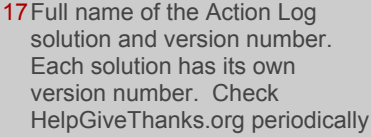


- 14 List of all active libraries. To get a library on this list, double click on it **a**.



If you have changed a library's name or deleted it, this library's name will be removed from the list the next time you click on it.

- 15 Click to open the selected library.
- 16 The selected library's solution version number. Each library requires separate library solution, so you need to make sure all your libraries are running on the latest library-solution software. Check the HelpGiveThanks.org website periodically to insure that you have the most current version.



- 17 Full name of the Action Log solution and version number. Each solution has its own version number. Check HelpGiveThanks.org periodically for updates to solutions.
- 18 Click to open a new window for more information about this solution, the Apache License, and the Help Give Thanks Research Project.