Resources :

1) Conversion of output voltage to strain for three wire quarter-bridge circuit configuration :
   National instruments on Strain gauge configuration types: http://www.ni.com/white-paper/4172/en/

2) Conversion of three directional strain to 2 principal strains, 2 principal stresses, shear strain and shear stress for 0,60,120 configuration :
   Vishay Micromeasurements databooks on Stress analysis : http://www.vishaypg.com/micro-measurements/databooks/

   Refer : http://www.vishaypg.com/docs/11065/tn-515.pdf The formula set that I have used in my Processing program is in page 5 to page 7 of this file. Check for "0,60,120" types.

3) HBM strain gauge catalog - http://www.hbm.com/en/menu/products/strain-gages-accessories/strain-gauge-catalog/

4) Processing reference pages and tutorials : www.processing.org

5) Arduino tutorials from www.opensourcehardwaregroup.com