EXHIBIT L

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Examiner Shirley Xueying Jian
Group Art Unit 3769
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IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

Applicants: Roger J. Quy

Application No.   12/211,033

Filed: September 15, 2008

Title: METHOD AND APPARATUS FOR MONITORING EXERCISE
                       WITH WIRELESS INTERNET CONNECTIVITY

Art Unit: 3769

Examiner: Shirley Jian

Confirm. No.:   7693

Docket No.:   00125/002005

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Sir:

AMENDMENT AND RESPONSE TO FINAL OFFICE ACTION

This is responsive to the Office Action mailed August 13, 2010 in the above matter, in which the rejections of the claims was made final. A response is due November 13, 2010, and thus this Amendment and Response is timely filed.

No fees are believed to be due. Any fees deemed to be due or credit for any overpayment for this application should be directed to Deposit Account Number 50-1047 and authorization is hereby given to charge such account.

Please enter the following remarks:

Amendments begin on page 2.

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IN THE CLAIMS:

1.   (Previously Presented) A method for interactive exercise monitoring, the method comprising the steps of:

a.   coupling a web-enabled wireless phone to a device which provides exercise-related information;

b.   rendering a user interface on the web-enabled wireless phone;

c.   receiving data indicating a physiologic status of a subject;

d.   receiving data indicating an amount of exercise performed by the subject;

e.   wherein at least one of the data indicating a physiologic status of a subject or the data indicating an amount of exercise performed by the subject is received from the device which provides exercise-related information, and wherein the data indicating a physiologic status of a subject is received at least partially while the subject is exercising;

f.   sending the exercise-related information to an internet server via a wireless network;

g.   receiving a calculated response from the server, the response associated with a calculation performed by the server based on the exercise-related information; and

h.   running an application in the web-enabled wireless phone for receiving the exercise-related information and displaying the response.

2. (Previously Presented) The method of claim 1, wherein the receiving data indicating a physiologic status of a subject includes receiving data from a physiological sensor coupled to an exercise machine.

3. (Previously Presented) The method of claim 1, where the receiving data indicating an amount of exercise performed by the subject includes receiving data from an exercise machine.

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4. (Previously Presented) The method of claim 1, wherein the web-enabled wireless phone receives exercise-related information over a transmission medium, the transmission medium including a wired connection or a wireless connection.

5. (Canceled)

6. (Original) The method of claim 1, wherein the web-enabled wireless phone receives data via an adapter to convert a signal from the device to a suitable input for the wireless phone.

7. (Previously Presented) The method of claim 1, wherein the data indicating an amount of exercise performed is received from a device selected from the group consisting of: a treadmill, a stepper, an exercise cycle, an accelerometer, a rowing machine, physiotherapy equipment, an aerobic or anaerobic exercise device, and a device that monitors an amount of work or rate of work performed.

8. (Previously Presented) A non-transitory computer-readable medium, containing an application for performing an interactive method of exercise monitoring, the application physically residing on a server, the method comprising the steps of:
a.   receiving exercise-related information from a web-enabled wireless phone, wherein the exercise-related information includes data indicating a physiologic status of a subject and data indicating an amount of exercise performed by the subject, and wherein the data indicating a physiologic status of a subject is received at least partially while the subject is exercising;
b.   calculating a response based on the exercise-related information;
c.   transmitting the calculated response to the web-enabled wireless phone.

9. (Previously Presented) The medium of claim 8, wherein the method further comprises:
a. enabling the web-enabled wireless phone to receive exercise-related information from a device; and

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b. transmitting to the web-enabled wireless phone a device application including a user interface on which the calculated response may be rendered.

10. (Previously Presented) The medium of claim 8, wherein the calculating a response includes calculating a response to assist a person in monitoring calorie expenditure, losing weight, or maintaining a healthy lifestyle.

11. (Previously Presented) The medium of claim 8, wherein the instructions further cause the web-enabled wireless phone to receive the exercise-related information via an adapter, the adapter to convert a received data signal to a suitable input for the web-enabled wireless phone.

12. (Previously Presented) The medium of claim 8, wherein the data indicating an amount of exercise performed by the subject is received from a device which is selected from the group consisting of: a pedometer, a treadmill, a stepper, an exercise cycle, an accelerometer, a rowing machine, physiotherapy equipment, an aerobic or anaerobic exercise device, and a device that monitors an amount of work or rate of work performed.

13. (Previously Presented) The medium of claim 8, wherein the receiving exercise-related information includes receiving exercise-related information over a wireless or a wired connection.

14. (Previously Presented) A web-enabled wireless phone, containing a computer-readable medium, the computer-readable medium comprising memory within a web-enabled wireless phone, the computer-readable medium comprising instructions for causing a processor in the web-enabled wireless phone to perform the method of claim 1.

15. (Previously Presented) A computer-readable medium, the computer-readable medium comprising memory within a web-enabled wireless phone, the computer-

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