

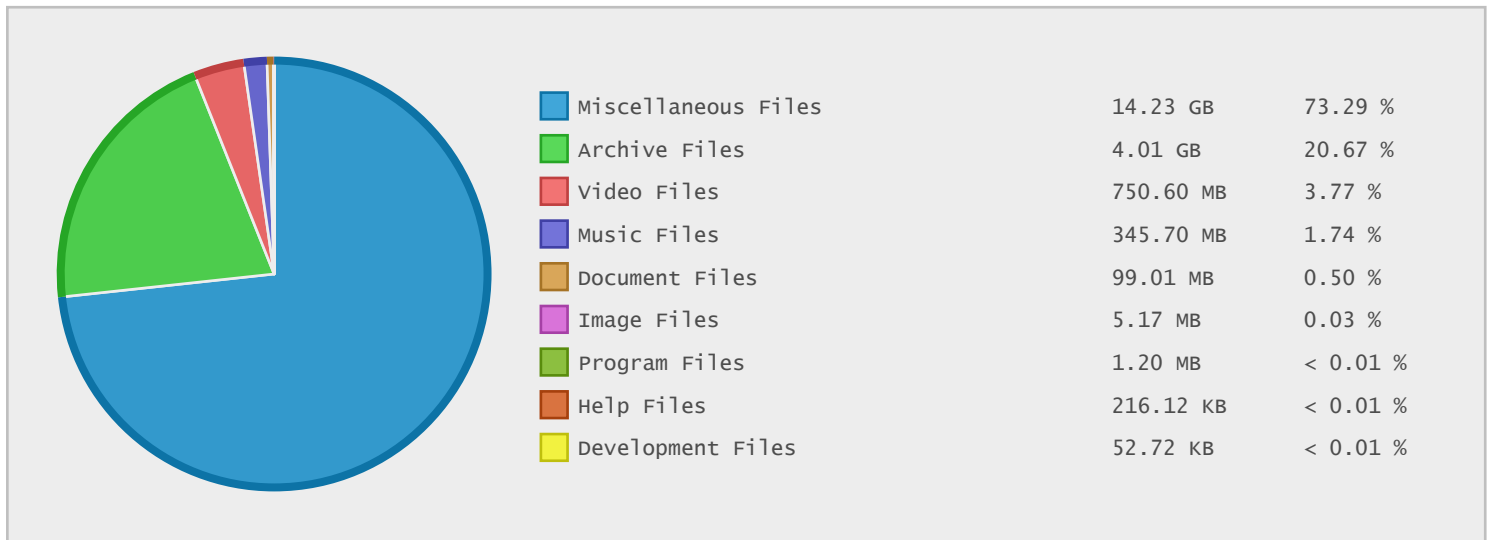
## FreeFriends Archive - FTP Site Statistics

| Property    | Value               |
|-------------|---------------------|
| FTP Server  | ftp.freefriends.org |
| Description | FreeFriends Archive |
| Country     | United States       |
| Scan Date   | 07/Apr/2014         |
| Total Dirs  | 37                  |
| Total Files | 360                 |
| Total Data  | 19.42 GB            |

## Top 20 Directories Sorted by Disk Space

| Name                                     | Dirs | Files | Data      | Data (%) |
|--|------|-------|-----------|----------|
| /  | 37   | 360   | 19.42 GB  | 100.00 % |
| /gkm                                     | 17   | 87    | 19.27 GB  | 99.24 %  |
| /gkm/Fitness                             | 7    | 54    | 11.60 GB  | 59.73 %  |
| /gkm/Fitness/Focus-T25                   | 5    | 37    | 7.01 GB   | 36.12 %  |
| /gkm/Fitness/Focus-T25/workout videos    | 0    | 16    | 6.94 GB   | 35.72 %  |
| /gkm/Fitness/Insanity                    | 0    | 17    | 4.58 GB   | 23.61 %  |
| /gkm/Integral                            | 0    | 7     | 4.15 GB   | 21.39 %  |
| /gkm/Books                               | 4    | 12    | 1.94 GB   | 9.98 %   |
| /gkm/Pema                                | 0    | 4     | 1.54 GB   | 7.92 %   |
| /gkm/Books/Gladwell                      | 0    | 5     | 690.63 MB | 3.47 %   |
| /gkm/Books/Bryson                        | 0    | 3     | 313.54 MB | 1.58 %   |
| /gkm/Books/Martel                        | 0    | 1     | 187.25 MB | 0.94 %   |
| /texinfo                                 | 5    | 210   | 142.20 MB | 0.72 %   |
| /texinfo/pretests                        | 0    | 56    | 85.95 MB  | 0.43 %   |
| /gkm/Fitness/Focus-T25/Scanned documents | 0    | 3     | 56.47 MB  | 0.28 %   |
| /gkm/Books/Sedaris                       | 0    | 1     | 51.86 MB  | 0.26 %   |
| /gkm/Music                               | 1    | 10    | 43.78 MB  | 0.22 %   |
| /gkm/Music/Carnahan & Petrie             | 0    | 10    | 43.78 MB  | 0.22 %   |
| /texinfo/historic                        | 0    | 32    | 24.56 MB  | 0.12 %   |
| /texinfo/texinfo-cvs-archive             | 0    | 47    | 22.39 MB  | 0.11 %   |

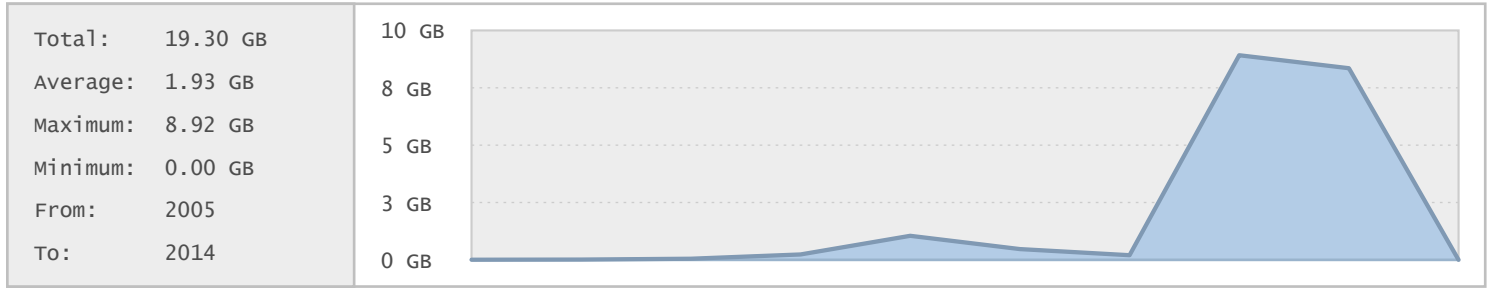
## Top 10 File Categories Sorted By Disk Space



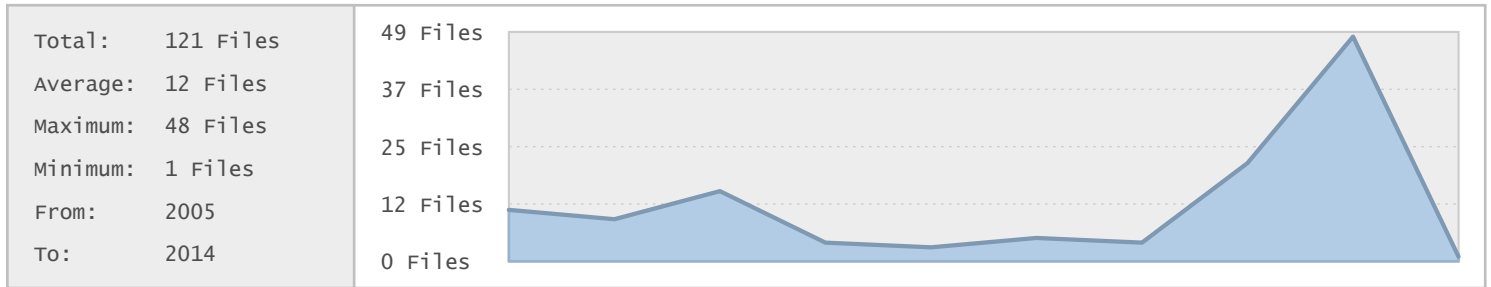
## Last 12 Months Modified Disk Space History



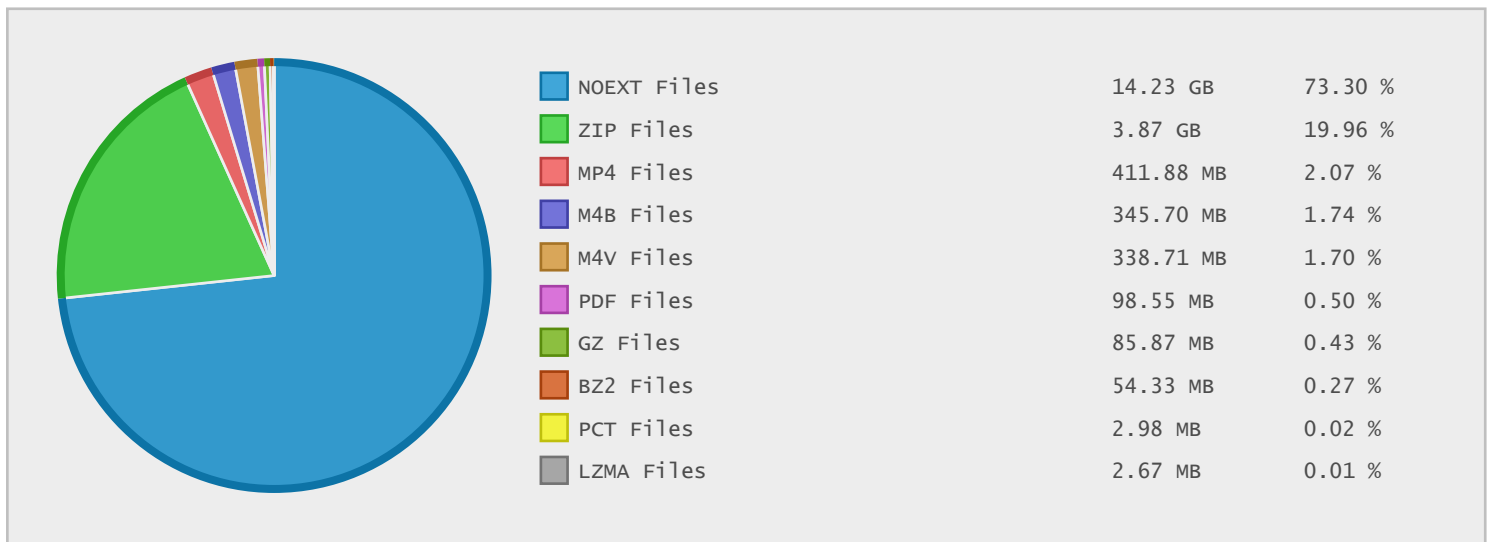
### Last 10 Years Modified Disk Space History



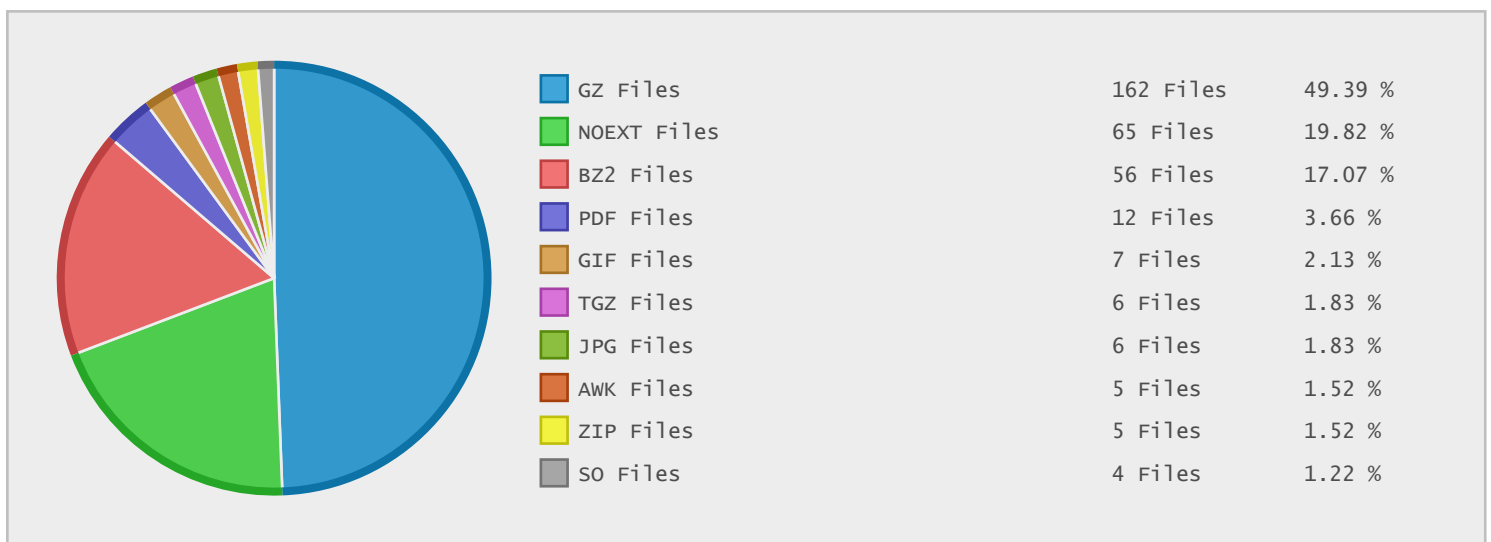
### Last 10 Years Modified File Count History



### Top 10 File Extensions Sorted By Disk Space



### Top 10 File Extensions Sorted By Number of Files



### Top 10 File Categories Sorted by Disk Space

| Category            | Files | Data      | Data (%) |
|---------------------|-------|-----------|----------|
| Miscellaneous Files | 74    | 14.23 GB  | 73.29 %  |
| Archive Files       | 231   | 4.01 GB   | 20.67 %  |
| Video Files         | 2     | 750.60 MB | 3.77 %   |
| Music Files         | 3     | 345.70 MB | 1.74 %   |
| Document Files      | 22    | 99.01 MB  | 0.50 %   |
| Image Files         | 14    | 5.17 MB   | 0.03 %   |
| Program Files       | 4     | 1.20 MB   | < 0.01 % |
| Help Files          | 5     | 216.12 KB | < 0.01 % |
| Development Files   | 5     | 52.72 KB  | < 0.01 % |

### Top 20 File Types Sorted by Disk Space

| File Type                         | Files | Data      | Data (%) |
|-----------------------------------|-------|-----------|----------|
| Miscellaneous Files               | 74    | 14.23 GB  | 73.29 %  |
| ZIP Compressed Archive File       | 5     | 3.87 GB   | 19.95 %  |
| MPEG-4 Multimedia File            | 1     | 411.88 MB | 2.07 %   |
| MPEG-4 Audio Book File            | 3     | 345.70 MB | 1.74 %   |
| MPEG-4 Video File                 | 1     | 338.71 MB | 1.70 %   |
| PDF Document                      | 12    | 98.55 MB  | 0.50 %   |
| GZIP Compressed Archive File      | 162   | 85.87 MB  | 0.43 %   |
| BZIP Compressed Archive File      | 56    | 54.33 MB  | 0.27 %   |
| Picture File                      | 1     | 2.98 MB   | 0.01 %   |
| LZMA Compressed File              | 2     | 2.67 MB   | 0.01 %   |
| JPEG Image                        | 6     | 1.25 MB   | < 0.01 % |
| Linux or UNIX Shared Library File | 4     | 1.20 MB   | < 0.01 % |
| GIF Image                         | 7     | 955.58 KB | < 0.01 % |
| LaTeX Source File                 | 1     | 315.53 KB | < 0.01 % |
| UNIX Man 2 Information File       | 3     | 125.84 KB | < 0.01 % |
| MS Excel Worksheet                | 1     | 90.00 KB  | < 0.01 % |
| UNIX Man 1 Information File       | 1     | 77.64 KB  | < 0.01 % |
| GZIP Compressed TAR Archive       | 6     | 66.52 KB  | < 0.01 % |
| AWK Source File                   | 5     | 52.72 KB  | < 0.01 % |
| Excel 2007 XML workbook           | 3     | 38.20 KB  | < 0.01 % |

### Top 20 File Extensions Sorted by Disk Space

| Extension   | Files | Data      | Data (%) |
|-------------|-------|-----------|----------|
| NOEXT Files | 65    | 14.23 GB  | 73.28 %  |
| ZIP Files   | 5     | 3.87 GB   | 19.95 %  |
| MP4 Files   | 1     | 411.88 MB | 2.07 %   |
| M4B Files   | 3     | 345.70 MB | 1.74 %   |
| M4V Files   | 1     | 338.71 MB | 1.70 %   |
| PDF Files   | 12    | 98.55 MB  | 0.50 %   |
| GZ Files    | 162   | 85.87 MB  | 0.43 %   |
| BZ2 Files   | 56    | 54.33 MB  | 0.27 %   |
| PCT Files   | 1     | 2.98 MB   | 0.01 %   |
| LZMA Files  | 2     | 2.67 MB   | 0.01 %   |
| JPG Files   | 6     | 1.25 MB   | < 0.01 % |
| SO Files    | 4     | 1.20 MB   | < 0.01 % |
| 6 Files     | 1     | 1.01 MB   | < 0.01 % |
| GIF Files   | 7     | 955.58 KB | < 0.01 % |
| TEX Files   | 1     | 315.53 KB | < 0.01 % |
| TEX~ Files  | 1     | 308.41 KB | < 0.01 % |
| 253 Files   | 1     | 177.81 KB | < 0.01 % |
| 227 Files   | 1     | 163.04 KB | < 0.01 % |
| 193 Files   | 1     | 156.04 KB | < 0.01 % |
| 122 Files   | 1     | 132.13 KB | < 0.01 % |

## Top 50 Directories Sorted by Disk Space

| Name                                      | Dirs | Files | Data      | Data (%) |
|---|------|-------|-----------|----------|
| /   | 37   | 360   | 19.42 GB  | 100.00 % |
| /gkm                                      | 17   | 87    | 19.27 GB  | 99.24 %  |
| /gkm/Fitness                              | 7    | 54    | 11.60 GB  | 59.73 %  |
| /gkm/Fitness/Focus-T25                    | 5    | 37    | 7.01 GB   | 36.12 %  |
| /gkm/Fitness/Focus-T25/workout videos     | 0    | 16    | 6.94 GB   | 35.72 %  |
| /gkm/Fitness/Insanity                     | 0    | 17    | 4.58 GB   | 23.61 %  |
| /gkm/Integral                             | 0    | 7     | 4.15 GB   | 21.39 %  |
| /gkm/Books                                | 4    | 12    | 1.94 GB   | 9.98 %   |
| /gkm/Pema                                 | 0    | 4     | 1.54 GB   | 7.92 %   |
| /gkm/Books/Gladwell                       | 0    | 5     | 690.63 MB | 3.47 %   |
| /gkm/Books/Bryson                         | 0    | 3     | 313.54 MB | 1.58 %   |
| /gkm/Books/Martel                         | 0    | 1     | 187.25 MB | 0.94 %   |
| /texinfo                                  | 5    | 210   | 142.20 MB | 0.72 %   |
| /texinfo/pretests                         | 0    | 56    | 85.95 MB  | 0.43 %   |
| /gkm/Fitness/Focus-T25/Scanned documents  | 0    | 3     | 56.47 MB  | 0.28 %   |
| /gkm/Books/Sedaris                        | 0    | 1     | 51.86 MB  | 0.26 %   |
| /gkm/Music                                | 1    | 10    | 43.78 MB  | 0.22 %   |
| /gkm/Music/Carnahan & Petrie              | 0    | 10    | 43.78 MB  | 0.22 %   |
| /texinfo/historic                         | 0    | 32    | 24.56 MB  | 0.12 %   |
| /texinfo/texinfo-cvs-archive              | 0    | 47    | 22.39 MB  | 0.11 %   |
| /arnold                                   | 5    | 52    | 6.81 MB   | 0.03 %   |
| /texinfo/knowngood                        | 0    | 16    | 6.22 MB   | 0.03 %   |
| /arnold/Pictures                          | 0    | 12    | 4.58 MB   | 0.02 %   |
| /lib                                      | 0    | 10    | 2.42 MB   | 0.01 %   |
| /texinfo/texinfo-pretest-archive          | 0    | 55    | 2.29 MB   | 0.01 %   |
| /arnold/Source                            | 0    | 14    | 1.45 MB   | < 0.01 % |
| /gkm/Fitness/Focus-T25/work out calendars | 0    | 3     | 1.30 MB   | < 0.01 % |
| /arnold/Awkstuff                          | 0    | 24    | 709.26 KB | < 0.01 % |
| /gkm/Fitness/Focus-T25/work out calend... | 0    | 4     | 128.20 KB | < 0.01 % |
| /arnold/writings                          | 0    | 2     | 87.55 KB  | < 0.01 % |
| /ed                                       | 0    | 1     | 84.91 KB  | < 0.01 % |
| /gkm/Fitness/Focus-T25/Calendars          | 0    | 4     | 69.15 KB  | < 0.01 % |
| /arnold/upload                            | 0    | 0     | 0 Bytes   | 0.00 %   |
| /bin                                      | 0    | 0     | 0 Bytes   | 0.00 %   |
| /etc                                      | 0    | 0     | 0 Bytes   | 0.00 %   |
| /fetish                                   | 2    | 0     | 0 Bytes   | 0.00 %   |
| /fetish/private                           | 1    | 0     | 0 Bytes   | 0.00 %   |
| /fetish/private/shifte                    | 0    | 0     | 0 Bytes   | 0.00 %   |

## Top 50 Files Sorted by File Size

| File Name   | Modified    | File Size |
|---|-------------|-----------|
| /gkm/Integral/CI-2.zip                              | 22/Jul/2012 | 1.94 GB   |
| /gkm/Integral/CI-1.zip                              | 22/Jul/2012 | 1.07 GB   |
| /gkm/Integral/KW-KC.zip                             | 20/Feb/2009 | 686.63 MB |
| /gkm/Pema/Pema                                      | 25/Aug/2012 | 685.73 MB |
| /gkm/Pema/Pema                                      | 25/Aug/2012 | 681.17 MB |
| /gkm/Fitness/Focus-T25/workout videos/Alpha         | 22/Dec/2013 | 496.65 MB |
| /gkm/Fitness/Insanity/Insanity                      | 29/oct/2012 | 494.76 MB |
| /gkm/Fitness/Focus-T25/workout videos/Beta          | 22/Dec/2013 | 483.66 MB |
| /gkm/Fitness/Focus-T25/workout videos/Gamma         | 22/Dec/2013 | 471.04 MB |
| /gkm/Fitness/Focus-T25/workout videos/Beta          | 22/Dec/2013 | 469.05 MB |
| /gkm/Fitness/Focus-T25/workout videos/Beta          | 22/Dec/2013 | 467.68 MB |
| /gkm/Fitness/Focus-T25/workout videos/Beta          | 22/Dec/2013 | 466.12 MB |
| /gkm/Fitness/Insanity/Insanity                      | 29/oct/2012 | 456.48 MB |
| /gkm/Fitness/Focus-T25/workout videos/Gamma         | 22/Dec/2013 | 451.10 MB |
| /gkm/Fitness/Focus-T25/workout videos/Alpha         | 22/Dec/2013 | 449.35 MB |
| /gkm/Fitness/Focus-T25/workout videos/Gamma         | 22/Dec/2013 | 449.21 MB |
| /gkm/Fitness/Focus-T25/workout videos/Alpha         | 22/Dec/2013 | 439.94 MB |
| /gkm/Fitness/Focus-T25/workout videos/Gamma         | 22/Dec/2013 | 433.70 MB |
| /gkm/Fitness/Focus-T25/workout videos/Beta          | 22/Dec/2013 | 432.82 MB |
| /gkm/Fitness/Focus-T25/workout videos/Alpha         | 22/Dec/2013 | 426.97 MB |
| /gkm/Fitness/Focus-T25/workout videos/Beta          | 22/Dec/2013 | 421.57 MB |
| /gkm/Integral/20121230-what-next-wilber-keynote.mp4 | 13/Feb/2013 | 411.88 MB |
| /gkm/Fitness/Focus-T25/workout videos/Alpha         | 22/Dec/2013 | 405.41 MB |
| /gkm/Fitness/Insanity/Insanity                      | 29/oct/2012 | 395.05 MB |
| /gkm/Fitness/Insanity/Insanity                      | 29/oct/2012 | 394.86 MB |
| /gkm/Fitness/Insanity/Insanity                      | 29/oct/2012 | 393.55 MB |
| /gkm/Books/Sex                                      | 28/May/2013 | 385.01 MB |
| /gkm/Fitness/Insanity/Insanity                      | 30/oct/2012 | 357.81 MB |
| /gkm/Books/Sex                                      | 28/May/2013 | 356.25 MB |
| /gkm/Fitness/Insanity/Insanity                      | 29/oct/2012 | 347.58 MB |
| /gkm/Fitness/Focus-T25/workout videos/Stretch.m4v   | 22/Dec/2013 | 338.71 MB |
| /gkm/Fitness/Insanity/Insanity                      | 29/oct/2012 | 329.66 MB |
| /gkm/Fitness/Insanity/Insanity                      | 29/oct/2012 | 319.14 MB |
| /gkm/Fitness/Insanity/Insanity                      | 29/oct/2012 | 311.94 MB |
| /gkm/Fitness/Insanity/Insanity                      | 29/oct/2012 | 275.12 MB |
| /gkm/Books/Gladwell/what                            | 16/Dec/2009 | 236.60 MB |
| /gkm/Fitness/Insanity/Insanity                      | 30/oct/2012 | 220.28 MB |
| /gkm/Fitness/Insanity/Insanity                      | 28/oct/2012 | 217.25 MB |
| /gkm/Books/Martel/Life-of-Pi.m4b                    | 15/Apr/2008 | 187.25 MB |
| /gkm/Books/Gladwell/The                             | 01/Jan/2010 | 160.31 MB |
| /gkm/Books/Gladwell/Blink.m4b                       | 09/Sep/2009 | 150.92 MB |
| /gkm/Fitness/Insanity/Insanity                      | 29/oct/2012 | 143.63 MB |
| /gkm/Books/Gladwell/David                           | 20/Dec/2013 | 135.27 MB |
| /gkm/Pema/Pema-Getting-Unstuck-mp3.zip              | 12/Jul/2011 | 120.12 MB |
| /gkm/Books/Bryson/I'm                               | 28/Nov/2010 | 111.16 MB |
| /gkm/Books/Bryson/Notes                             | 28/Nov/2010 | 104.44 MB |
| /gkm/Books/Bryson/Neither                           | 28/Nov/2010 | 97.93 MB  |
| /gkm/Pema/Pema-Good-Medicine-mp3.zip                | 11/Jul/2011 | 87.47 MB  |
| /gkm/Integral/A-Theory-of-Everything.pdf            | 06/Feb/2013 | 80.18 MB  |
| /gkm/Books/Sedaris/Barrel                           | 15/Apr/2008 | 51.86 MB  |