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*Continued fractions with partial quotients bounded in average,*  
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**Abstract**

We ask, for which  $n$  does there exist a  $k$ ,  $1 \leq k < n$  and  $(k, n) = 1$ , so that  $k/n$  has a continued fraction whose partial quotients are bounded in average by a constant  $B$ ? This question is intimately connected with several other well-known problems, and we provide a lower bound in the case of  $B = 2$ . The proof, which is completely elementary, involves a simple “shifting” argument, the Catalan numbers, and the solution to a linear recurrence.