

Daily Focus

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CBI ( Psyche, Medical, Nutrition, Casework, Housing )

0 of 8



Bridget



Tife



Judith



Helen



Shawn



Jesse



Nicole



DJ



Mental Sanity ( Isolation, Organization, Preparation, Meditation, Breathing )



Sobriety ( Safe Paths, AA, Routine )



Daily Nutritional Values % DV ( Food, Beverage, Vitamins, Protein, Carbohydrates, Hydration )

0 of 5



Emergen-C



Orgain Protein



Multi-Vitamin



Berry Greens



Wal-Mart



Exercise ( VASA Fitness )

0 of 14



Elliptical Climber



Treadmill



- ☐ Inclined Bench
- ☐ Flat Bench
- ☐ Planks
- ☐ Sit-Ups
- ☐ Vertical Jumps
- ☐ Leg Presses
- ☐ Leg Raises
- ☐ Bench Presses
- ☐ Pull-Ups
- ☐ Shoulder Raises
- ☐ Rows
- ☐ Squats

☐ Software Research & Development ( Work Flows )

☐ Job Search ( Online / On-site )  
0 of 8

- ☐ VASA
- ☐ Pet Smart
- ☐ Walmart
- ☐ Raytheon
- ☐ Rincon
- ☐ Bowling Alley
- ☐ Berry Green
- ☐ UA



- ☐ Apartment / Share ( Downtown , Tucson, Oro )

## Chors

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- ☐ Reorganize
- ☐ Wipe Down Surfaces
- ☐ Sweep
- ☐ Vacuum
- ☐ Dishes
- ☐ Prepare Food
- ☐ Check for Maintenance Issues
- ☐ Get Gas
- ☐ Cleaning
- ☐ Laundry

## Work Flows

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- ☐ Minimum Ensemble AI ( Ensemble Method for Random Signal Classification, Reconstruction, and Decisions )  
0 of 8
  - ☐ Contractions
  - ☐ Compressions



- ☐ Noise
- ☐ Geometry
- ☐ Ciphers / Decryption
- ☐ Reconstruction
- ☐ Deconstruction
- ☐ Model Fitting
- ☐ Enhanced Finite Difference Methodology ( MEAI Integration )  
0 of 2
  - ☐ Efficiency
  - ☐ Applications / Updates
- ☐ Business Intelligence  
0 of 9
  - ☐ Business Data
  - ☐ Instrument Data
  - ☐ Simulation Data
  - ☐ Sensitivity Analysis
  - ☐ Efficiency Reinforcements
  - ☐ Strategies
  - ☐ Forecasts
  - ☐ Measurement
  - ☐ Presentations

Errands

- ☐ CSL Plasma ( Wednesday, Friday ) ★
- ☐ Laundry ( Grant & Alvernon / Pima & Alvernon ) ★

- ☐ Hygiene
- ☐ Groceries
- ☐ Job Interviews
- ☐ Fuel

## Snail Mail

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- ☐ Social Security Card ( Laminate )
- ☐ Venmo Debit Card
- ☐ CVS Extra Care Card
- ☐ CashApp Card
- ☐ Blood Donor Card
  - 0 of 1
    - ☐ O+
- ☐ Voter Registration Card
- ☐ Vasa Fitness Card
- ☐ Tax Return / W2
  - 0 of 3 • 📅 Wed, Apr 15, 2026
    - ☐ USPS
    - ☐ CashApp



☐ Turbo Tax

## Shopping

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- ☐ Amazon Wishlist  
0 of 7
- ☐ Reebok Boots
  - ☐ Mummy Bag
  - ☐ Tent
  - ☐ Sleeping Pad
  - ☐ Leatherman
  - ☐ Clothes ( Hoodie, Undies, Socks, Shirts )
  - ☐ USB-C Phone Charger

- ☐ Oakley's ( Flak 2.0 Sapphire Lenses )  
0 of 1
- ☐ \$267

☐ Condor Assault Backpack

☐ Reebok Stealth Tactical Composite Toe Boots

- ☐ Coach Tri-Fold Wallet  
0 of 1
- ☐ \$60

☐ Trek / Specialized Gravel Bicycle ( Checkpoint / Diverge )

- ☐ Cell Phone  
0 of 2
- ☐ Samsung Galaxy



- ☐ Assurance Wireless
- ☐ Car ( License, Insurance, Title, Registration, Plates, Tags, Emissions )  
0 of 1
  - ☐ Honda Accord
- ☐ Glock 43X  
0 of 3
  - ☐ Case
  - ☐ Hollow
  - ☐ Full

Health (1)

- ☐ VASA Fitness  
0 of 6
  - ☐ InBody Score of 90
  - ☐ 315 lbs. / 225 lbs. Bench Press
  - ☐ 20km, 10km, 5km Arc / Run
  - ☐ Elliptical Climber 20 / 99 for 30 min / 1 Hour
  - ☐ Vertical Jump of 50"+
  - ☐ Hygiene
- ☐ Prescriptions ( Trazadone / Ibuprofen ) @ Wal-Mart
- ☐ Blood Work ( El Rio Health Center )
- ☐ Dental Exam ( Screening, Cleaning, Rear Molar Cap, Cavity Filling )  
📅 Wed, Jul 30
- ☐ Heart Check-Up ( Pima Heart )  
🕒 My Day • 📅 Today



- ☐ Brain MRI / CT ( Banner Medical )  
📅 Thu, Sep 25 ★
- ☐ Vaccinations ( El Rio Health Center / Wal-Mart Pharmacy )
- ☐ Urinalysis ( El Rio Health Center )
- ☐ Alano Club  
0 of 4
  - ☐ East Side
  - ☐ North Side
  - ☐ Center Side
  - ☐ Online Meeting
- ☐ Pelvic X-Ray
- ☐ Fertility Examination
- ☐ AHCCCS / EBT Benefits Renewal ( 1-855-777-8590, AZTEC Case ID: 05848681 )

## Legal (1)


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- ☐ DUI Informal / Formal Hearing ( Illinois -> Arizona )  
0 of 1
    - ☐ 773-794-5822
  - ☐ New DUI Evaluation  
0 of 2 • 📄
    - ☐ Sonoran Serenity
    - ☐ 520-554-3812





☐ Driver's License ( Sobriety, Informal / Formal Hearing, AA Letters / References / Sponsor, Risk Assessment, Treatment )  
0 of 6

- ☐ DMV Appoinment
- ☐ PD Appointment
- ☐ Plates
- ☐ Tags
- ☐ Registration
- ☐ Insurance

☐ Domestic Disturbance Case ( McDonald / Janet, 11555 W. CIVIC CENTER DRIVE, BLDG. C MARANA, AZ 85653 )  
0 of 1 • 

- ☐ (520) 382-2700


☐ Insurance ( Rental, Car, Life, Medical, Dental )


☐ Psychological Waiver / Psychiatry  
0 of 3

- ☐ El Rio
- ☐ Tucson Outpatient Psychiatry
- ☐ CBI

☐ On Duty Public Defender ( 407 W Congress, Tucson AZ, 85701 )  
0 of 1 • 

- ☐ 5208797500

☐ Concealed Carry Permit ( NICS / FBI / IL Waiver )  
 Note

☐ Military Reserve ( Army / Air Force )  
 Note

#### Subscriptions



- ☐ VASA Fitness
- ☐ Microsoft Office 365 Subscription
- ☐ Amazon Prime
  - 0 of 1
    - ☐ 18882803321
- ☐ Cellular Service
  - 0 of 2
    - ☐ Unlimited / Hot Spot
    - ☐ Assurance Wireless
- ☐ Netflix
- ☐ Spotify

## Debt

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- ☐ Repayment ( Student Loans / CARE / SAVE / Federal Balance )
  - 0 of 1
    - ☐ CARE
- ☐ Credit Cards
  - 0 of 9
    - ☐ Capital One
    - ☐ Discover
    - ☐ Revvi
    - ☐ Credit One
    - ☐ Merrick
    - ☐ Premier Bank



- ☐ Destiny
- ☐ Old Navy
- ☐ FNBO

## ☐ Private Loans 0 of 2

- ☐ Lending Point
- ☐ Buffalo Lake

## Delinquency

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- ☐ VASA Fitness
- ☐ The Springs on 5th
- ☐ TEP
- ☐ Verizon

## Further Education

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- ☐ Higher Education ( PhD. EE / MBA )

## Activities

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- ☐ Leisure Driving
- ☐ Sand Castles
- ☐ Cooking Classes
- ☐ Karate



# All

Wednesday, August 13, 2025

- ☐ Ju-Jitsu
- ☐ Yoga
- ☐ Casino
- ☐ Hair Dresser
- ☐ Salon
- ☐ Spa
- ☐ IV Clinic
- ☐ Four Wheeling
- ☐ Darts
- ☐ Play Catch
- ☐ Skate Boarding
- ☐ Roller Blading
- ☐ Sight Seeing
- ☐ Table Tennis



# All

Wednesday, August 13, 2025

- ☐ Pool
- ☐ Self Defense Classes
- ☐ Hang Gliding
- ☐ Go for a Drive
- ☐ Listening to Music
- ☐ Music Instrument Lessons
- ☐ Kava / Kratom Bar
- ☐ Grab Coffee
- ☐ Gifting
- ☐ Laying Out
- ☐ Picnic
- ☐ Volley Ball
- ☐ Material Scavenging
- ☐ Item Donations



# All

Wednesday, August 13, 2025

- ☐ Riding the Bus
- ☐ Driving Range
- ☐ Golf
- ☐ Tennis
- ☐ Sensory Deprivation Tank
- ☐ Rock Wall Climbing
- ☐ Honey Sequence
- ☐ Surfing the Internet
- ☐ Video Games / Computer Games
- ☐ Swimming
- ☐ Reading
- ☐ Writing
- ☐ Drawing / Painting
- ☐ Arts & Crafts



# All

Wednesday, August 13, 2025

- ☐ Dog Walking
- ☐ Board Game
- ☐ Play the Lottery
- ☐ Dirt Biking
- ☐ Dune Buggy
- ☐ Sand Surfing
- ☐ Sex
- ☐ Hunting
- ☐ Bar Hopping
- ☐ Paddle Ball
- ☐ Theatre Play
- ☐ Music Concert
- ☐ Mud Run
- ☐ Fencing



# All

Wednesday, August 13, 2025

- ☐ Panic Rooms
- ☐ Sporting Event
- ☐ Window Shopping
- ☐ Blood Donations
- ☐ Documentary
- ☐ Lecture
- ☐ Ballet
- ☐ Planetarium
- ☐ Symphony Orchestra
- ☐ Cards
- ☐ Starr Pass / Hotel
- ☐ Cabin
- ☐ Horse Races
- ☐ AA





- ☐ Church  
0 of 1
  - ☐ Pantano
- ☐ Grooming
- ☐ Meditation
- ☐ Sleep
- ☐ Puzzles
- ☐ Learning
- ☐ Speech Practice
- ☐ TV Show
- ☐ Movie Theatre
- ☐ Fishing
- ☐ Camping
- ☐ Photography
- ☐ Coding
- ☐ Volunteering  
0 of 3



- ☐ Reid Park Zoo
- ☐ Humane Society
- ☐ Church
- ☐ Biking
- ☐ Dining Out
- ☐ The Loop
- ☐ Walking / Jogging / Running ( Day / Night )
- ☐ Shooting Range
- ☐ Bird Watching
- ☐ Star Gazing
- ☐ Hiking
- ☐ Public Skating
- ☐ Pickle Ball
- ☐ Indoor / Outdoor Sky Diving
- ☐ Paintball



☐ Arcade

## Bucket List

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☐ Get an MBA

☐ Bungee Jumping

☐ Get a PhD

☐ Travel the World

☐ Publish Literature

☐ Meet an Extraterrestrial in Person

☐ Children

☐ Patent

☐ Self-Run Business

☐ Marriage

☐ Wingsuit Jumping

☐ Outdoor Sky Diving

