

Daily Focus

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- ☐ Mental Sanity ( Isolation, Organization, Preparation, Meditation, Breathing ) ★
- ☐ Marry Ava Alice Raubach
- ☐ Sobriety ( Safe Paths, AA, Routine )
- ☐ CBI ( Psyche, Medical, Nutrition, Casework, Housing )  
0 of 8
  - ☐ Bridget
  - ☐ Tife
  - ☐ Judith
  - ☐ Helen
  - ☐ Shawn
  - ☐ Jesse
  - ☐ Nicole
  - ☐ DJ
- ☐ 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

☐ Job Search ( Online / On-site )  
0 of 9

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



☐ Apartment / Share ( Downtown , Tucson, Oro )

Work Flows

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☐ Minimum Ensemble AI ( Ensemble Method for Random Signal Classification, Reconstruction, and Decisions )  
0 of 4

☐ Contractions

☐ Compressions

☐ Noise

☐ Geometry

☐ Enhanced Finite Difference Methodology ( MEAI Integration )  
0 of 2

☐ Efficiency

☐ Applications / Updates

Errands

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☐ CSL Plasma ( Wednesday, Friday ) ★

☐ Laundry ( Grant & Alvernon / Pima & Alvernon ) ★

☐ Hygiene

☐ Groceries

☐ Fuel

Snail Mail

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☐ Social Security Card ( Laminate )

- ☐ Venmo Debit Card
- ☐ CVS Extra Care Card
- ☐ Voter Registration Card
- ☐ Blood Donor Card  
0 of 1
  - ☐ O+
- ☐ Tax Return / W2  
📅 Wed, Apr 15, 2026

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
- ☐ Dad Caps  
0 of 4
  - ☐ Blue
  - ☐ Camouflage
  - ☐ Black

- ☐ White
- ☐ Tide Laundry Detergent
- ☐ First Aid Kit
- ☐ Oakley's ( Flak 2.0 Sapphire Lenses )
- ☐ Coach Tri-Fold Wallet
- ☐ Trek / Specialized Bicycle ( Gravel - Checkpoint / Diverge )
- ☐ Cell Phone ( Samsung / Verizon )  
0 of 2
  - ☐ Verizon
  - ☐ Cricket
- ☐ Car ( License, Insurance, Title, Registration, Plates, Tags, Emissions )  
0 of 1
  - ☐ Honda Accord

Health (1)

- ☐ VASA Fitness  
0 of 3
  - ☐ Raise InBody Score
  - ☐ Set New PRs
  - ☐ Hygiene
- ☐ Dental Exam ( Cleaning, Rear Molar Cap, Cavity Filling )  
📅 Wed, Jul 30



- ☐ Heart Check-Up ( Pima Heart ) ★  
📅 Wed, Aug 13
- ☐ 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 3
  - ☐ East Side
  - ☐ North Side
  - ☐ Center Side
- ☐ Pelvic X-Ray
- ☐ Fertility Examination
- ☐ Prescriptions ( Trazadone / Ibuprofen ) @ Wal-Mart
- ☐ Blood Work ( El Rio Health Center )
- ☐ AHCCCS / EBT Benefits Renewal ( 1-855-777-8590, AZTEC Case ID: 05848681 )  
📅 Sun, Aug 3

## Legal (1)

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- ☐ Domestic Disturbance Case ( McDonald / Janet, 11555 W. CIVIC CENTER DRIVE, BLDG. C MARANA, AZ 85653)  
📝 Note
  - ☐ DUI Formal Hearing ( Illinois -> Arizona )  
0 of 1



☐ Reciprocity Rules?

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

☐ DMV Appoinment


☐ PD Appointment

☐ Plates

☐ Tags

☐ Registration

☐ Insurance

☐ New DUI Evaluation  
 Note

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

☐ 5208797500


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


☐ Psychological Waiver / Psychiatry  
0 of 3

☐ El Rio

☐ Tucson Outpatient Psychiatry

☐ CBI

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

☐ Military Reserve ( Army / Air Force )  
 Note

## Subscriptions

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- ☐ VASA Fitness
- ☐ Microsoft Office 365 Subscription
- ☐ Amazon Prime
  - 0 of 1 • 📅 Fri, Jul 18
    - ☐ 18882803321
- ☐ Cellular Service
  - 0 of 2
    - ☐ Verizon
    - ☐ Unlimited / Hot Spot
- ☐ 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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- ☐ Self Defense Classes
- ☐ Hang Gliding
- ☐ Go for a Drive
- ☐ Listening to Music



# All

Monday, July 14, 2025

- ☐ Music Instrument Lessons
- ☐ Kava / Kratom Bar
- ☐ Grab Coffee
- ☐ Gifting
- ☐ Laying Out
- ☐ Picnic
- ☐ Volley Ball
- ☐ Material Scavenging
- ☐ Item Donations
- ☐ Riding the Bus
- ☐ Driving Range
- ☐ Golf
- ☐ Tennis
- ☐ Sensory Deprivation Tank



- ☐ Indoor Skydiving
- ☐ Rock Wall Climbing
- ☐ Honey Sequence
- ☐ Surfing the Internet
- ☐ Video Games / Computer Games
- ☐ Swimming
- ☐ Reading
- ☐ Writing
- ☐ Drawing / Painting
- ☐ Arts & Crafts
- ☐ Dog Walking
- ☐ Board Game
- ☐ Play the Lottery
- ☐ Dirt Biking



# All

Monday, July 14, 2025

- ☐ Dune Buggy
- ☐ Sand Surfing
- ☐ Sex
- ☐ Hunting
- ☐ Bar Hopping
- ☐ Paddle Ball
- ☐ Theatre Play
- ☐ Music Concert
- ☐ Mud Run
- ☐ Fencing
- ☐ 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
- ☐ Sky Diving
- ☐ Paintball
- ☐ Arcade

