

Daily Focus



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

0 of 8



Bridget



Tife



Judith



Helen



Shawn



Jesse



Nicole



DJ



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



Marry Ava Alice Raubach



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

☐ 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

☐ 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

☐ CSL Plasma (Wednesday, Friday) ★

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

☐ Hygiene

☐ Groceries

☐ Fuel

Snail Mail

☐ 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


- ☐ 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)
- ☐ 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
- ☐ Prescriptions (Trazadone / Ibuprofen) @ Wal-Mart
- ☐ Blood Work (El Rio Health Center)
- ☐ 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
- ☐ AHCCCS / EBT Benefits Renewal (1-855-777-8590, AZTEC Case ID: 05848681)
 Sun, Aug 3


Legal (1)

-
- ☐ Domestic Disturbance Case (McDonald / Janet, 11555 W. CIVIC CENTER DRIVE, BLDG. C MARANA, AZ 85653)
0 of 1 • 
 - ☐ (520) 382-2700
 - ☐ DUI Informal / Formal Hearing (Illinois -> Arizona)
0 of 1
 - ☐ 773-794-5822
 - ☐ 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



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

☐ 5208797500

☐ New DUI Evaluation
0 of 2 • 

☐ Sonoran Serenity

☐ 520-554-3812


☐ 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

☐ VASA Fitness

☐ Microsoft Office 365 Subscription

☐ Amazon Prime
0 of 1 •  Tomorrow

☐ 18882803321





Cellular Service

0 of 2



Verizon



Unlimited / Hot Spot



Netflix



Spotify

Debt



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

☐ VASA Fitness

☐ The Springs on 5th

☐ TEP

☐ Verizon

Further Education

☐ Higher Education (PhD. EE / MBA)

Activities

☐ Table Tennis

☐ Pool

☐ Self Defense Classes

☐ Hang Gliding

☐ Go for a Drive

☐ Listening to Music

☐ Music Instrument Lessons



All

Thursday, July 17, 2025

- ☐ 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
- ☐ Dune Buggy



All

Thursday, July 17, 2025

- ☐ 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

Bucket List

- ☐ Get a PhD
- ☐ Travel the World
- ☐ Publish Literature
- ☐ Meet an Extraterrestrial in Person



All

Thursday, July 17, 2025

- ☐ Children
- ☐ Patent
- ☐ Self-Run Business
- ☐ Marriage
- ☐ Wingsuit Jumping
- ☐ Sky Diving

