

Daily Focus

- ☐ Mental Sanity (Isolation, Organization, Preparation, Meditation) ★
- ☐ Sobriety (Safe Paths, AA, Sponsorship, 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)
- ☐ Marry Ava Alice Raubach



☐ 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 2
 - ☐ O+
 - ☐ 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

☐ 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)

- ☐ Domestic Disturbance Case (McDonald / Janet, 11555 W. CIVIC CENTER DRIVE, BLDG. C MARANA, AZ 85653)
 Note
- ☐ DUI Formal Hearing (Illinois -> Arizona)
- ☐ New DUI Evaluation
 Note
- ☐ On Duty Public Defender (407 W Congress, Tucson AZ, 85701)
0 of 1 • 
 - ☐ 5208797500
- ☐ Insurance (Rental, Car, Life, Medical, Dental)
- ☐ Driver's License (Sobriety, Formal Hearing / AA Letters / References / Sponsor, Risk Assessment, Treatment)
0 of 6
 - ☐ DMV Appoinment
 - ☐ PD Appointment
 - ☐ Plates
 - ☐ Tags
 - ☐ Registration



- ☐ Insurance
- ☐ 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 •  Fri, Jul 18
 - ☐ 18882803321
- ☐ Cellular Service
0 of 2
 - ☐ Verizon
 - ☐ Unlimited / Hot Spot
- ☐ Netflix
- ☐ Spotify

Debt

☐ Repayment (Student Loans / CARE / SAVE / Federal Balance)
0 of 2

☐ CARE

☐ 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

☐ 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



All

Monday, July 14, 2025

☐ Play the Lottery

☐ Dirt Biking

☐ 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



All

Monday, July 14, 2025

- ☐ 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

