

Daily Focus



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

0 of 5



Emergen-C



Orgain Protein



Multi-Vitamin



Berry Greens



Wal-Mart



Sobriety (Safe Paths, AA, Routine)



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

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



☐ Apartment / Share (Downtown , Tucson, Oro)

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

☐ Tife

☐ Judith

☐ Helen

☐ Shawn

☐ Jesse

☐ Nicole



All

Thursday, August 28, 2025

- ☐ DJ
- ☐ Alysha
- ☐ Ryan
- ☐ Miranda
- ☐ Marissa
- ☐ Bridget

