

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 )



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 8

- ☐ VASA
- ☐ Pet Smart
- ☐ Walmart
- ☐ Raytheon
- ☐ Rincon
- ☐ 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
- ☐ CashApp Card
- ☐ Tax Return / W2
  - 0 of 3 • 📅 Wed, Apr 15, 2026
  - ☐ USPS
  - ☐ CashApp
  - ☐ Turbo Tax
- ☐ Vasa Fitness Card
- ☐ Blood Donor Card
  - 0 of 1
  - ☐ O+

## 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
- ☐ Coach Tri-Fold Wallet  
0 of 1
  - ☐ \$60
- ☐ Trek / Specialized Bicycle ( Gravel - Checkpoint / Diverge )
- ☐ Cell Phone  
0 of 2
  - ☐ Samsung
  - ☐ Assurance Wireless
- ☐ Car ( License, Insurance, Title, Registration, Plates, Tags, Emissions )  
0 of 1
  - ☐ Honda Accord

Health (1)

- ☐ InBody: 90, Bench: 315 lbs., Treadmill: 20km ★
- ☐ VASA Fitness  
0 of 7
  - ☐ Raise InBody Score to 90
  - ☐ 315 lbs. Bench Press
  - ☐ 20km Run
  - ☐ InBody Score of 90
  - ☐ Vertical Jump of 50"+

- ☐ Elliptical Climber 20 / 99 for 1 Hour
- ☐ 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

☐



- ☐ 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
  - ☐ 18882803321
- ☐ Cellular Service  
0 of 3
  - ☐ Verizon
  - ☐ 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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- ☐ Four Wheeling
- ☐ Darts
- ☐ Play Catch
- ☐ Skate Boarding
- ☐ Roller Blading
- ☐ Sight Seeing
- ☐ Table Tennis
- ☐ Pool
- ☐ Self Defense Classes
- ☐ Hang Gliding
- ☐ Go for a Drive
- ☐ Listening to Music
- ☐ Music Instrument Lessons
- ☐ Kava / Kratom Bar



# All

Sunday, July 27, 2025

- ☐ 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



# All

Sunday, July 27, 2025

- ☐ 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
- ☐ Sand Surfing



# All

Sunday, July 27, 2025

- ☐ Sex
- ☐ Hunting
- ☐ Bar Hopping
- ☐ Paddle Ball
- ☐ Theatre Play
- ☐ Music Concert
- ☐ Mud Run
- ☐ Fencing
- ☐ Panic Rooms
- ☐ Sporting Event
- ☐ Window Shopping
- ☐ Blood Donations
- ☐ Documentary
- ☐ Lecture



# All

Sunday, July 27, 2025

- ☐ 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 )



# All

Sunday, July 27, 2025

- ☐ 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





# All

Sunday, July 27, 2025

- ☐ Meet an Extraterrestrial in Person
- ☐ Children
- ☐ Patent
- ☐ Self-Run Business
- ☐ Marriage
- ☐ Wingsuit Jumping
- ☐ Outdoor Sky Diving

