

Daily Focus

- ☐ CBI (Psyche, Medical, Nutrition, Casework, Housing)
0 of 8
- ☐ 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
- ☐ Exercise (VASA Fitness)
0 of 14
- ☐ Job Search (Online / On-site)
0 of 8
- ☐ Apartment / Share (Downtown , Tucson, Oro)

Work Flows

- ☐ Minimum Ensemble AI (Ensemble Method for Random Signal Classification, Reconstruction, and Decisions)
0 of 4
- ☐ Enhanced Finite Difference Methodology (MEAI Integration)
0 of 2

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

☐ CashApp Card

☐ Tax Return / W2
0 of 3 • 📅 Wed, Apr 15, 2026

☐ Vasa Fitness Card

Shopping

☐ Amazon Wishlist
0 of 7


☐ Oakley's (Flak 2.0 Sapphire Lenses)
0 of 1








- ☐ Coach Tri-Fold Wallet
0 of 1
- ☐ Trek / Specialized Bicycle (Gravel - Checkpoint / Diverge)
- ☐ Cell Phone (Samsung / Verizon)
0 of 2
- ☐ Car (License, Insurance, Title, Registration, Plates, Tags, Emissions)
0 of 1

Health (1)

- ☐ InBody: 90, Bench: 315 lbs., Treadmill: 20km
- ☐ VASA Fitness
0 of 3
- ☐ 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

- ☐ 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 • 
- ☐ DUI Informal / Formal Hearing (Illinois -> Arizona)
0 of 1
- ☐ Driver's License (Sobriety, Informal / Formal Hearing, AA Letters / References / Sponsor, Risk Assessment, Treatment)
0 of 6
- ☐ On Duty Public Defender (407 W Congress, Tucson AZ, 85701)
0 of 1 • 
- ☐ New DUI Evaluation
0 of 2 • 
- ☐ Insurance (Rental, Car, Life, Medical, Dental)
- ☐ Psychological Waiver / Psychiatry
0 of 3
- ☐ 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

☐ Cellular Service
0 of 2

☐ Netflix

☐ Spotify

Debt

☐ Repayment (Student Loans / CARE / SAVE / Federal Balance)
0 of 1

☐ Credit Cards
0 of 9

☐ Private Loans
0 of 2

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

☐ 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
- ☐ Sand Surfing
- ☐ Sex
- ☐ Hunting
- ☐ Bar Hopping
- ☐ Paddle Ball
- ☐ Theatre Play



All

Thursday, July 24, 2025

- ☐ Music Concert
- ☐ Mud Run
- ☐ Fencing
- ☐ Panic Rooms
- ☐ Sporting Event
- ☐ Window Shopping
- ☐ Blood Donations
- ☐ Documentary
- ☐ Lecture
- ☐ Ballet
- ☐ Planetarium
- ☐ Symphony Orchestra
- ☐ Cards
- ☐ Starr Pass / Hotel



All

Thursday, July 24, 2025

- ☐ Cabin
- ☐ Horse Races
- ☐ AA
- ☐ Church
0 of 1
- ☐ Grooming
- ☐ Meditation
- ☐ Sleep
- ☐ Puzzles
- ☐ Learning
- ☐ Speech Practice
- ☐ TV Show
- ☐ Movie Theatre
- ☐ Fishing
- ☐ Camping



- ☐ Photography
- ☐ Coding
- ☐ Volunteering
0 of 3
- ☐ Biking
- ☐ Dining Out
- ☐ The Loop
- ☐ Walking / Jogging / Running (Day / Night)
- ☐ Shooting Range
- ☐ Bird Watching
- ☐ Star Gazing
- ☐ Hiking
- ☐ Public Skating
- ☐ Pickle Ball
- ☐ Sky Diving



All

Thursday, July 24, 2025

☐ Paintball

☐ Arcade

Bucket List

☐ Get a PhD

☐ Travel the World

☐ Publish Literature

☐ Meet an Extraterrestrial in Person

☐ Children

☐ Patent

☐ Self-Run Business

☐ Marriage

☐ Wingsuit Jumping

☐ Sky Diving

