

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
 Note
- ☐

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 • 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 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

- ☐ Self Defense Classes
- ☐ Hang Gliding
- ☐ Go for a Drive
- ☐ Listening to Music
- ☐ Music Instrument Lessons
- ☐ Kava / Kratom Bar
- ☐ Grab Coffee
- ☐ Gifting



All

Tuesday, July 15, 2025

- ☐ 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



All

Tuesday, July 15, 2025

- ☐ 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



All

Tuesday, July 15, 2025

- ☐ Star Gazing
- ☐ Hiking
- ☐ Public Skating
- ☐ Pickle Ball
- ☐ Sky Diving
- ☐ Paintball
- ☐ Arcade

