

Daily Focus

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

0 of 9



Bridget



Tife



Judith



Helen



Shawn



Jesse



Nicole



DJ



Alysha



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



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

☐ Software Research & Development ( Work Flows )

☐ Job Search ( Online / On-site )  
0 of 8

- ☐ VASA
- ☐ Pet Smart
- ☐ Walmart
- ☐ Raytheon
- ☐ Rincon
- ☐ Bowling Alley
- ☐ Berry Green
- ☐ UA



- ☐ Apartment / Share ( Downtown , Tucson, Oro )

## Chors

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- ☐ Reorganize
- ☐ Wipe Down Surfaces
- ☐ Sweep
- ☐ Vacuum
- ☐ Dishes
- ☐ Prepare Food
- ☐ Check for Maintenance Issues
- ☐ Get Gas
- ☐ Cleaning
- ☐ Laundry

## Work Flows

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- ☐ Minimum Ensemble AI ( Ensemble Method for Random Signal Classification, Reconstruction, and Decisions )  
0 of 8
  - ☐ Contractions
  - ☐ Compressions



- ☐ Noise
- ☐ Geometry
- ☐ Ciphers / Decryption
- ☐ Reconstruction
- ☐ Deconstruction
- ☐ Model Fitting
- ☐ Enhanced Finite Difference Methodology ( MEAI Integration )  
0 of 2
  - ☐ Efficiency
  - ☐ Applications / Updates
- ☐ Business Intelligence  
0 of 9
  - ☐ Business Data
  - ☐ Instrument Data
  - ☐ Simulation Data
  - ☐ Sensitivity Analysis
  - ☐ Efficiency Reinforcements
  - ☐ Strategies
  - ☐ Forecasts
  - ☐ Measurement
  - ☐ Presentations

Errands

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- ☐ CSL Plasma ( Wednesday, Friday ) ★
- ☐ Laundry ( Grant & Alvernon / Pima & Alvernon ) ★

- ☐ Hygiene
- ☐ Groceries
- ☐ Job Interviews
- ☐ Fuel

Snail Mail

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- ☐ Social Security Card
- ☐ Venmo Debit Card
- ☐ CashApp Card
- ☐ Blood Donor Card
  - 0 of 1
    - ☐ O+
- ☐ Voter Registration Card
- ☐ Vasa Fitness Card
- ☐ Tax Return / W2
  - 0 of 3 • 📅 Wed, Apr 15, 2026
    - ☐ USPS
    - ☐ CashApp
    - ☐ Turbo Tax

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
- ☐ Condor Assault Backpack
- ☐ Reebok Stealth Tactical Composite Toe Boots
- ☐ Coach Tri-Fold Wallet  
0 of 1
  - ☐ \$60
- ☐ Trek / Specialized Gravel Bicycle ( Checkpoint / Diverge )
- ☐ Cell Phone  
0 of 2
  - ☐ Samsung Galaxy
  - ☐ Assurance Wireless
- ☐ Car ( License, Insurance, Title, Registration, Plates, Tags, Emissions )  
0 of 1



- ☐ Honda Accord
- ☐ Glock 43X  
0 of 3
  - ☐ Case
  - ☐ Hollow
  - ☐ Full

Health (1)

- ☐ VASA Fitness  
0 of 6
  - ☐ InBody Score of 90
  - ☐ 315 lbs. / 225 lbs. Bench Press
  - ☐ 20km, 10km, 5km Arc / Run
  - ☐ Elliptical Climber 20 / 99 for 30 min / 1 Hour
  - ☐ Vertical Jump of 50"+
  - ☐ Hygiene
- ☐ Heart Check-Up ( Pima Heart )  
📅 Wed, Aug 13 ★
- ☐ Brain MRI / CT ( Banner Medical )  
📅 Thu, Sep 25 ★
- ☐ Prescriptions ( Trazadone / Ibuprofen / Multi-Vitamin / Magnesium Oxide ) @ Wal-Mart
- ☐ Blood Work ( El Rio Health Center )
- ☐ Dental Exam ( Screening, Cleaning, Rear Molar Cap, Cavity Filling )  
📅 Wed, Jul 30 ★
- ☐ Vaccinations ( El Rio Health Center / Wal-Mart Pharmacy )

- ☐ Urinalysis ( El Rio Health Center )
- ☐ Alano Club
  - 0 of 4
    - ☐ East Side
    - ☐ North Side
    - ☐ Center Side
    - ☐ Online Meeting
- ☐ Pelvic X-Ray
- ☐ Fertility Examination
- ☐ AHCCCS / EBT Benefits Renewal ( 1-855-777-8590, AZTEC Case ID: 05848681 )

## Legal (1)

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- ☐ DUI Informal / Formal Hearing ( Illinois -> Arizona )
    - 0 of 1
      - ☐ 773-794-5822
  - ☐ New DUI Evaluation
    - 0 of 2 • 
    - ☐ Sonoran Serenity
    - ☐ 520-554-3812
    - Sonoran Serenity DUI Evaluation / Treatment
    - 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

☐ Domestic Disturbance Case ( McDonald / Janet, 11555 W. CIVIC CENTER DRIVE, BLDG. C MARANA, AZ 85653 )  
0 of 1 •

☐ (520) 382-2700

Go to court in-person... when?

☐ Insurance ( Rental, Car, Life, Medical, Dental )

☐ Psychological Waiver / Psychiatry  
0 of 3

☐ El Rio

☐ Tucson Outpatient Psychiatry

☐ CBI

☐ On Duty Public Defender ( 407 W Congress, Tucson AZ, 85701 )  
0 of 1 •

☐ 5208797500

We need to develop a strategy, or direction for the hearing in Illinois. What are the facts about reciprocity, jurisdiction, and statute between states?

☐ Concealed Carry Permit ( NICS / FBI / IL Waiver )  
 Note

Need psyche waiver...

☐ Military Reserve ( Army / Air Force )  
 Note

Need Driver's License...



Subscriptions

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- ☐ VASA Fitness
- ☐ Microsoft Office 365 Subscription
- ☐ Amazon Prime
  - 0 of 1
    - ☐ 18882803321
- ☐ Cellular Service
  - 0 of 2
    - ☐ 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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☐ Leisure Driving

☐ Sand Castles

☐ Cooking Classes



# All

Friday, August 22, 2025

- ☐ Karate
- ☐ Ju-Jitsu
- ☐ Yoga
- ☐ Casino
- ☐ Hair Dresser
- ☐ Salon
- ☐ Spa
- ☐ IV Clinic
- ☐ Four Wheeling
- ☐ Darts
- ☐ Play Catch
- ☐ Skate Boarding
- ☐ Roller Blading
- ☐ Sight Seeing



# All

Friday, August 22, 2025

- ☐ 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



# All

Friday, August 22, 2025

- ☐ Item Donations
- ☐ Riding the Bus
- ☐ Driving Range
- ☐ Golf
- ☐ Tennis
- ☐ Sensory Deprivation Tank
- ☐ Rock Wall Climbing
- ☐ Honey Sequence
- ☐ Surfing the Internet
- ☐ Video Games / Computer Games
- ☐ Swimming
- ☐ Reading
- ☐ Writing
- ☐ Drawing / Painting



# All

Friday, August 22, 2025

- ☐ Arts & Crafts
- ☐ Dog Walking
- ☐ Board Game
- ☐ 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



Biking



Dining Out



The Loop



Walking / Jogging / Running ( Day / Night )



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

☐ Meet an Extraterrestrial in Person

☐ Children

☐ Patent

☐ Self-Run Business

☐ Marriage

☐ Wingsuit Jumping

☐ Outdoor Sky Diving

