

Daily Focus

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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 )  
0 of 1



☐ Exponentiation

☐ Job Search ( Online / On-site )  
0 of 6



☐ VASA

☐ Walmart

☐ Raytheon

☐ Rincon

☐ Berry Green

☐ UA

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



☐ Apartment / Share ( Downtown , Tucson, Oro )

☐ CBI ( Psyche, Medical, Nutrition, Casework, Housing )  
0 of 13

☐ Bridget

☐ Tife

☐ Judith

☐ Helen

☐ Shawn

☐ Jesse

☐ Nicole

☐ DJ



# All

Friday, September 26, 2025

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

## 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 10

- ☐ Contractions
- ☐ Compressions
- ☐ Noise
- ☐ Geometry
- ☐ Ciphers / Decryption
- ☐ Reconstruction
- ☐ Deconstruction
- ☐ Model Fitting
- ☐ Search
- ☐ Discrimination

☐ 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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- ☐ BioLife ★
- ☐ CSL Plasma
- ☐ 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

☐ Medical Marijuana Card  
0 of 1

☐ Free Weed

☐ 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

☐ Nike Pegasus 41 Premium

☐ Coach Tri-Fold Wallet  
0 of 1



- ☐ \$60
- ☐ Oakley's ( Flak 2.0 Sapphire Lenses )  
0 of 1
  - ☐ \$267
- ☐ Reebok Stealth Tactical Composite Toe Boots
- ☐ Condor Assault Backpack
- ☐ Binoculars
- ☐ Cell Phone  
0 of 2
  - ☐ Samsung Galaxy
  - ☐ Assurance Wireless
- ☐ Trek / Specialized Gravel Bicycle ( Checkpoint / Diverge )
- ☐ Car ( License, Insurance, Title, Registration, Plates, Tags, Emissions )  
0 of 1
  - ☐ Honda Accord
- ☐ Glock 43X  
0 of 3
  - ☐ Case
  - ☐ Hollow
  - ☐ Full

Health (1)

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- ☐ 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
- ☐ Alano Clubs
  - 0 of 4
  - ☐ East Side
  - ☐ North Side
  - ☐ Center Side
  - ☐ Online Meeting
- ☐ Prescriptions ( Trazadone / Ibuprofen / Multi-Vitamin / Magnesium Oxide ) @ Wal-Mart
- ☐ Chiropractic
  - 0 of 1
  - ☐ \$40.00 / Appointment
- ☐ Dental Exam ( Screening, Cleaning, Rear Molar Cap, Cavity Filling )
- ☐ Brain MRI / CT ( Banner Medical ) ★
- ☐ Heart Check-Up ( Pima Heart ) ★
- ☐ Pelvic X-Ray
- ☐ Lung X-ray



- ☐ Blood Work ( El Rio Health Center )
- ☐ Urinalysis ( El Rio Health Center )
- ☐ Vaccinations ( El Rio Health Center / Wal-Mart Pharmacy )
- ☐ Fertility Examination
- ☐ AHCCCS / EBT Benefits Renewal ( 1-855-777-8590, AZTEC Case ID: 05848681 )

## Legal (1)

- ☐ 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?
- ☐ New DUI Evaluation  
0 of 2 • 
- ☐ Sonoran Serenity
- ☐ 520-554-3812  
Sonoran Serenity DUI Evaluation / Treatment
- ☐ 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 Appointment
- ☐ PD Appointment



- ☐ Plates
- ☐ Tags
- ☐ Registration
- ☐ Insurance

☐ 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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☐ Gift Shop

☐ Boogie Boarding

☐ Skim Boarding

☐ Surfing

☐ Indoor Surfing



# All

Friday, September 26, 2025

- ☐ Trampoline
- ☐ Certification
- ☐ Leisure Driving
- ☐ Sand Castles
- ☐ Cooking Classes
- ☐ Karate
- ☐ Ju-Jitsu
- ☐ Yoga
- ☐ Casino
- ☐ Hair Dresser
- ☐ Salon
- ☐ Spa
- ☐ IV Clinic
- ☐ Four Wheeling



# All

Friday, September 26, 2025

- ☐ 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
- ☐ Grab Coffee



# All

Friday, September 26, 2025

- ☐ Gifting
- ☐ Laying Out
- ☐ Picnic
- ☐ Volley Ball
- ☐ Material Scavenging
- ☐ 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
- ☐ Arts & Crafts
- ☐ Dog Walking
- ☐ Board Game
- ☐ Play the Lottery
- ☐ Dirt Biking
- ☐ Dune Buggy
- ☐ Sand Surfing
- ☐ Sex
- ☐ Hunting





# All

Friday, September 26, 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



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

## Bucket List

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- ☐ Visit Jerusalem, Israel
- ☐ Visit London, England
- ☐ Visit Edinburgh, Scotland
- ☐ Visit Rome, Italy
- ☐ Visit Dublin, Ireland
- ☐ Get an MBA
- ☐ Bungee Jumping



# All

Friday, September 26, 2025

- ☐ Get a PhD
- ☐ Travel the World
- ☐ Publish Literature
- ☐ Meet an Extraterrestrial in Person
- ☐ Children
- ☐ Patent
- ☐ Self-Run Business
- ☐ Marriage
- ☐ Wingsuit Jumping
- ☐ Outdoor Sky Diving

