

Daily Focus

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- ☐ Daily Nutritional Values % DV ( Food, Beverage, Vitamins, Protein, Carbohydrates, Hydration ) 0 of 5 ★
- ☐ Sobriety ( Safe Paths, AA, Routine ) ★
- ☐ Exercise ( VASA Fitness ) 0 of 14 ★
- ☐ Software Research & Development ( Work Flows ) ★
- ☐ Job Search ( Online / On-site ) 0 of 8 ★
- ☐ Mental Sanity ( Isolation, Organization, Preparation, Meditation, Breathing, Stretching ) ★
- ☐ Apartment / Share ( Downtown , Tucson, Oro )
- ☐ CBI ( Psyche, Medical, Nutrition, Casework, Housing ) 0 of 13

Chors

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- ☐ Reorganize
- ☐ Wipe Down Surfaces
- ☐ Sweep
- ☐ Vacuum
- ☐ Dishes



- ☐ Prepare Food
- ☐ Check for Maintenance Issues
- ☐ Get Gas
- ☐ Cleaning
- ☐ Laundry

Work Flows

- ☐ Minimum Ensemble AI ( Ensemble Method for Random Signal Classification, Reconstruction, and Decisions )  
0 of 10
- ☐ Enhanced Finite Difference Methodology ( MEAI Integration )  
0 of 2
- ☐ Business Intelligence  
0 of 9

Errands

- ☐ 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

☐ Voter Registration Card

☐ Medical Marijuana Card  
0 of 1

☐ Vasa Fitness Card

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

Shopping

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☐ Amazon Wishlist  
0 of 7

☐ Nike Pegasus 41

☐ Coach Tri-Fold Wallet  
0 of 1

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




- ☐ Reebok Stealth Tactical Composite Toe Boots
- ☐ Condor Assault Backpack
- ☐ Binoculars
- ☐ Cell Phone  
0 of 2
- ☐ Trek / Specialized Gravel Bicycle ( Checkpoint / Diverge )
- ☐ Car ( License, Insurance, Title, Registration, Plates, Tags, Emissions )  
0 of 1
- ☐ Glock 43X  
0 of 3

Health (1)

- 
- ☐ VASA Fitness  
0 of 6
  - ☐ Dental Exam ( Screening, Cleaning, Rear Molar Cap, Cavity Filling )
  - ☐ Heart Check-Up ( Pima Heart ) ★
  - ☐ Brain MRI / CT ( Banner Medical ) ★  
📅 Thu, Sep 25
  - ☐ Pelvic X-Ray
  - ☐ Blood Work ( El Rio Health Center )
  - ☐ Urinalysis ( El Rio Health Center )


- ☐ Vaccinations ( El Rio Health Center / Wal-Mart Pharmacy )
- ☐ Fertility Examination
- ☐ Prescriptions ( Trazadone / Ibuprofen / Multi-Vitamin / Magnesium Oxide ) @ Wal-Mart
- ☐ Alano Clubs  
0 of 4
- ☐ 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 • 
- ☐ Go to court in-person... when?
- ☐ New DUI Evaluation  
0 of 2 • 
- ☐ Sonoran Serenity DUI Evaluation / Treatment
- ☐ 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
- ☐ Insurance ( Rental, Car, Life, Medical, Dental )
- ☐ Psychological Waiver / Psychiatry  
0 of 3
- ☐ On Duty Public Defender ( 407 W Congress, Tucson AZ, 85701 )  
0 of 1 • 



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
- ☐ Cellular Service  
0 of 2
- ☐ Netflix
- ☐ Spotify

### Debt

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- ☐ Repayment ( Student Loans / CARE / SAVE / Federal Balance )  
0 of 1
- ☐ Credit Cards  
0 of 9
- ☐ Private Loans  
0 of 2

### 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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- ☐ Trampoline
- ☐ Certification
- ☐ Leisure Driving
- ☐ Sand Castles
- ☐ Cooking Classes
- ☐ Karate
- ☐ Ju-Jitsu
- ☐ Yoga



# All

Monday, September 1, 2025

- ☐ Casino
- ☐ Hair Dresser
- ☐ Salon
- ☐ Spa
- ☐ IV Clinic
- ☐ Four Wheeling
- ☐ Darts
- ☐ Play Catch
- ☐ Skate Boarding
- ☐ Roller Blading
- ☐ Sight Seeing
- ☐ Table Tennis
- ☐ Pool
- ☐ Self Defense Classes





# All

Monday, September 1, 2025

- ☐ 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



# All

Monday, September 1, 2025

- ☐ 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



# All

Monday, September 1, 2025

- ☐ 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



All

Monday, September 1, 2025

- ☐ Window Shopping
- ☐ Blood Donations
- ☐ Documentary
- ☐ Lecture
- ☐ Ballet
- ☐ Planetarium
- ☐ Symphony Orchestra
- ☐ Cards
- ☐ Starr Pass / Hotel
- ☐ Cabin
- ☐ Horse Races
- ☐ AA
- ☐ Church  
0 of 1
- ☐ Grooming



# All

Monday, September 1, 2025

- ☐ 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
- ☐ Indoor / Outdoor Sky Diving
- ☐ Paintball
- ☐ Arcade

## Bucket List

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- ☐ Visit London, England
- ☐ Visit Edinburgh, Scotland
- ☐ Visit Rome, Italy



# All

Monday, September 1, 2025

- ☐ Visit Dublin, Ireland
- ☐ 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

