

Daily Focus

- ☐ 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)

Chors

- ☐ 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
 - ☐ 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

- ☐ CSL Plasma
- ☐ Laundry (Grant & Alvernon / Pima & Alvernon) 
- ☐ Hygiene
- ☐ Groceries
- ☐ Job Interviews
- ☐ Fuel

Snail Mail

- ☐ 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

- ☐ 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)

☐ 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

☐ Inspired Life Chiropractic & Wellness, LLC
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 Appoinment

☐ 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

- ☐ 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

- ☐ 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



- ☐ Zip Line
- ☐ Hot Air Balloon
- ☐ Parkour
- ☐ Car Racetrack
- ☐ Put-Put Golf
- ☐ Dune Boarding
- ☐ Gift Shop
- ☐ Boogie Boarding
- ☐ Skim Boarding
- ☐ Surfing
- ☐ Indoor Surfing
- ☐ Trampoline
- ☐ Certification
- ☐ Leisure Driving



All

Wednesday, October 22, 2025

- ☐ Sand Castles
- ☐ Cooking Classes
- ☐ Karate
- ☐ Ju-Jitsu
- ☐ Yoga
- ☐ Casino
- ☐ Hair Dresser
- ☐ Salon
- ☐ Spa
- ☐ IV Clinic
- ☐ Four Wheeling
- ☐ Darts
- ☐ Play Catch
- ☐ Skate Boarding



All

Wednesday, October 22, 2025

- ☐ 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
- ☐ 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



All

Wednesday, October 22, 2025

- ☐ 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

Wednesday, October 22, 2025

- ☐ 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

- ☐ Visit Paris, France
- ☐ Visit Berlin, Germany
- ☐ Visit Nicosia, Cyprus
- ☐ Visit London, England
- ☐ Visit Edinburgh, Scotland
- ☐ Visit Rome, Italy
- ☐ Visit Dublin, Ireland
- ☐ Get an MBA
- ☐ Bungee Jumping
- ☐ Get a PhD



All

Wednesday, October 22, 2025

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

