

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 8

- ☐ VASA
- ☐ Pet Smart
- ☐ Walmart
- ☐ Raytheon
- ☐ Rincon
- ☐ 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+
- ☐ CashApp Card
- ☐ Tax Return / W2
 - 0 of 3 • 📅 Wed, Apr 15, 2026
 - ☐ USPS
 - ☐ CashApp
 - ☐ Turbo Tax
- ☐ Vasa Fitness Card

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)
0 of 1

☐ \$267

☐ Coach Tri-Fold Wallet
0 of 1

☐ \$60

☐ Trek / Specialized Bicycle (Gravel - Checkpoint / Diverge)

☐ Cell Phone
0 of 2

☐ Verizon

☐ Assurance Wireless

☐ Car (License, Insurance, Title, Registration, Plates, Tags, Emissions)
0 of 1

☐ Honda Accord

Health (1)

☐ InBody: 90, Bench: 315 lbs., Treadmill: 20km

☐ VASA Fitness
0 of 3

☐ Raise InBody Score to 90

☐ Set New PRs (315 lbs., 20 m)

☐ 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
0 of 2 • 
 - ☐ Sonoran Serenity
 - ☐ 520-554-3812
- ☐ 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
 - ☐ 18882803321
- ☐ Cellular Service
0 of 3
 - ☐ Verizon
 - ☐ 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



All

Saturday, July 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

Saturday, July 26, 2025

- ☐ Gifting
- ☐ 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



All

Saturday, July 26, 2025

- ☐ 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

- ☐ Get an MBA
- ☐ Bungee Jumping
- ☐ Get a PhD
- ☐ Travel the World
- ☐ Publish Literature
- ☐ Meet an Extraterrestrial in Person



All

Saturday, July 26, 2025

- ☐ Children
- ☐ Patent
- ☐ Self-Run Business
- ☐ Marriage
- ☐ Wingsuit Jumping
- ☐ Outdoor Sky Diving

