

# *jack* DALY 2011 Goals

## THEME

Physically fit, productive and balanced with FUN! (Speak, travel to speak, fun)

## A. FAMILY

1. Bonnie
1. Melissa/Nathan/Malcolm
1. Adam
1. Extended family: birthdays, vacations, recognition

## B. HEALTH

1. Weigh 175 or less, year round (1)
2. Body fat 15% or less
3. No wine unless <178 (4 free days per month): then, weekends, vacations and special events only
4. Workouts 5 times a week/250 a year
5. Marathons: 2+ per year in quest of 50 states goal set in 2004 (thru 2010, 27 states done)
  - 5/1 Rhode Island?
  - 6/18 Anchorage?
6. Ironman and Marathon in all 7 continents in 7 years (finish 2014) (2)
  - Ironmans on 4 continents completed thru 2010
7. Qualify for Ironman World Championship race 10/8 Hawaii (2)
8. Qualify for Ironman 70.3 World Championship race 11/12 Vegas
9. Triathlons various
  - 3/5 Ironman New Zealand
  - 4/10 Ironman South Africa
  - 6/4 Ironman 70.3 Hawaii
  - 10/2 Ironman 70.3 Poconos
  - other Olympic/sprints when available
10. Swim yards 250,000/84 hours/7 hrs monthly
11. Run 12 hours month/144 yr/ 864 miles yr
12. Bike 19 hours month/225 hrs yr/300 miles month/3600 miles yr
13. Strength/weights workouts 8 month/96 year
14. 100 crunches daily
15. Blood platelets donation 6x year
16. Pikes Peak Summit 8/22
17. Doctors: Medical June; Dentist Feb/Jun/Oct; Eyes Jun; Skin Mar/Sep
18. Floss daily
19. Water/half gallon daily

## C. QUALITY OF LIFE: TRAVEL/VACATIONS

1. Australia — Jan
2. New Zealand — Mar
3. South Africa — Apr
4. Newfoundland — May

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- 5. Hawaii Big Island — Jun
- 6. Peru/Galapagos Is. — Jul
- 7. Australia — Aug
- 8. Europe — Sep
- 9. UK — Sep
- 10. Hawaii Big Island — Oct

## **D. VISITS WITH MELISSA/NATHAN/MALCOLM (3)**

- 1. Feb 19—20 Cville
- 2. May 7—8—9 Cville
- 3. Oct 4—10 Hawaii
- 4. Dec 23—27 Cville Christmas

## **E. QUALITY OF LIFE — GOLF**

- 1. Index no longer tracked as game has taken a back seat to triathlons
- 2. 10 rounds
- 3. Pursue Top 100 —goal set in 2000— 79 complete thru 2010

## **F. EVENTS**

- 1. African Safari — Sep
- 2. Galapagos Islands
- 3. Machu Picchu
- 4. Shark swim
- 5. Race car Richard Petty
- 6. Apply for Amazing race
- 7. Bungee jump
- 8. Holiday house party
- 9. Presidential libraries: 6/13 complete—as avail
- 10. Two wine tasting dinners @ house

## **G. HOUSEHOLD**

- 1. LaQuinta house rental
- 2. Costa Mesa house rental
- 3. Investment management review 3× year

## **H. BALANCE / PERSONAL DEVELOPMENT**

- 1. Manage/monitor sleep nights

<b>Qtr</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>Total</b>	<b>2010 Plan</b>
<b>Biz</b>	33	21	22	28	104	129
<b>Home</b>	44	43	35	44	166	157
<b>Fun</b>	13	27	35	20	95	80
<b>Total</b>	90	91	92	92	365	365
<b>Meals/Home</b>	27	30	23	29	109	97



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1. Books 30 year/ 2 ½ month
1. Magazines 14 month
1. Movies 48 year / 4 month
1. Daily paper

## I. FOOTNOTES

1. A few goals specifically identified as:
  - (1) non—negotiable
  - (2) most difficult
  - (3) most important
2. Send 4+ letters/notes per year to someone who made a difference in my life thank them and let them know.