

jack DALY 2012 Goals

THEME

“MAKING A DIFFERENCE,” by being physically fit, productive and balanced with FUN!

A. FAMILY

1. Bonnie
2. Melissa/Nathan/Malcolm
3. Adam
4. Extended family-birthdays, vacations, recognition

B. HEALTH

1. Weigh 175 or less, year round (1)
2. Body fat 15%
3. No wine unless < 178 lbs (4 free days per month); then weekends, vacations and special events only.
4. Workouts 5 times a week/ 250 per year
5. Marathons: 2+ new states per year in quest of 50 states goal set in 2004 (thru 2011, 30 states complete)
 - 2/5 Surf City
 - 4/16 Boston
 - 5/6 Orange County
 - 10/21 Atlantic City NJ
6. Qualify for Boston Marathon (sub 4 hours)
7. Triathlon schedule:
 - 3/3 IM NZ
 - 3/25 IM Melbourne
 - 6/3 IM 70.3 Hawaii
 - 7/29 TEAM USA Spain
 - 8/19 IM Mt. Tremblant
 - 9/23 Orangeman IM 70.3 OC
 - 10/? IM 70.3 Myrtle Beach
8. Qualify for Ironman World Championship- Kona- Oct (2)
9. Qualify for Ironman 70.3 World Championship- Vegas- Nov (2)
10. Swim yards 220,000/ 75 hours/ 6 hrs month
11. Run 15 hours month/ 180 hours yr/ 1200 miles yr
12. Bike 16 hours month/ 192 hours yr/ 3100 miles yr
13. Strength/weights workouts 6 month/ 72 year
14. Blood platelets donation 5× year
15. Doctors: Medical June; Dentist Feb/Jun/Oct; Eyes Jun; Skin Apr
16. Floss daily
17. Water/ half gallon daily
18. Stretch goal- lifetime- all Ironmans in world- 26 in total (current goal all continents) (2)

C. QUALITY OF LIFE: TRAVEL/ VACATIONS

1. New Zealand - Mar: Qtown, Auckland, Taupo

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2. Australia - Mar: Tasmania, Barossa
3. Napa Valley - Apr
4. Maui & Big Island - Jun
5. Paris/ River cruise - Jul
6. Vitoria, Spain- TEAM USA - Jul
7. Australia - Aug
8. UK - Sep
9. Possible Big Island - Oct
10. Possible Amsterdam & Russia ?

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

1. Feb 17-19 Cville
2. Apr 6-10 Cville
3. May 10-14 Cville
4. Sept 1-8 Beach week in CA
5. Oct 6-7 Cville
6. Dec 23-27 Cville

E. EVENTS

1. Paris
2. Ironman "Olympics" TEAM USA
3. Book on my life journey
4. Holiday house party
5. Two wine tasting dinners @ house
6. Presidential libraries: 6/13 complete - as avail
7. GOT April

F. GOLF

1. Pursue Top 100; goal set in 2000; 79 complete thru 2011

G. HOUSEHOLD

1. LaQuinta house rental
2. Costa Mesa house rental
3. Investment management review: 2x year

H. BALANCE/PERSONAL DEVELOPMENT

1. Manage/ monitor sleep nights (3)

Qtr	1	2	3	4	Total	2011 Plan
Biz	34	29	28	37	128	129
Home	36	37	31	44	148	157
Fun	21	25	33	11	90	80
Total	91	91	92	92	366	365
Meals/home	24	24	19	30	97	97



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2. Books 30 year/ 2.5 month
3. Magazines 12 month
4. Movies 48 year/ 4 month

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!

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