

*jack*DALY 2013 Goals

THEME

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

A. FAMILY

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

B. HEALTH

1. Weigh 179 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
4. Workouts 4–5 times a week/ 225 per year
5. Marathons: 4+ new states per year in quest of 50 states goal set in 2004 (thru 2012, 30 states complete)
 - 4/13 Abilene, KS
 - 6/22 Charlevoix, MI
 - 7/14 Missoula, MT
 - 8/17 Green River, WY
 - 11/3 Indy, IN (or NYC)
 - 11/10 Richmond VA ?
6. Triathlon schedule:
 - 3/17 Ironman Cabo
 - 5/4 St. George, Utah 70.3
 - 6/1 Honu 70.3
 - 10/12 Kona Ironman
7. Rim to Rim Grand Canyon 6/14-16
8. Swim yards 150,000/ 50 hours/ 4 hours month
9. Run 1000 miles/ 160 hours/ 12-16 hrs month
10. Bike 3600 miles/ 240 hours/ 20 hrs month
11. Strength/weights workouts 5 month/ 60 year
12. Insanity/ 5 month/ 60 year
13. Blood platelets donation 5x year
14. Doctors: Medical June; Dentist Feb/Jun/Oct; Eyes Jun; Skin Apr
15. Floss daily
16. Water/half gallon daily

C. QUALITY OF LIFE: TRAVEL/ VACATIONS

1. United Kingdom – Feb
2. Cabo San Lucas – Mar
3. Utah – May
4. Big Island – June

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- 5. Grand Canyon – June
- 6. Montana – Jul
- 7. Wyoming – Aug
- 8. San Francisco – Aug
- 9. Napa – Aug
- 10. Australia – Sep
- 11. New Zealand – Sep
- 12. Hawaii – Oct
- 13. Santa Barbara – Dec

D. VISITS WITH THE YOUNG FAMILY

- 1. April 20-22 Cville
- 2. July 4-7 Cville
- 3. Aug 24-30 Beach
- 4. Oct 26-28 Cville
- 5. Nov 9-11 Cville?
- 6. Dec 21-27 Cville

E. EVENTS

- 1. April 5-7 Adam Weekend
- 2. Rim to Rim with Rick Jun 14-16
- 3. Book on my life journey
- 4. Presidential libraries: 6/13 complete
- 5. GOT April
- 6. Two wine tasting dinners @ house

F. GOLF

- 1. Pursue Top 100; goal set in 2000; 79 complete thru 2012

G. HOUSEHOLD

- 1. LaQuinta house rent/sell
- 2. Costa Mesa house rent/sell
- 3. San Clemente/Nevada house direction
- 4. Investment management review : 2x year

H. BALANCE/PERSONAL DEVELOPMENT

- 1. Manage/ monitor sleep nights (3)

Qtr	1	2	3	4	Total	2012 Plan
Biz	40	40	39	25	144	128
Home	39	17	29	45	130	148
Fun	11	34	24	22	91	90
Total	90	91	92	92	365	366
Meals/home	23	11	22	35	91	97



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2. Books 24 year/ 2 month
3. Movies 48 year/ 4 month
4. Magazines 12 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!