

PERSONAL GOALS 2017 – JACK DALY

THEME: Life balance is a priority, continuing to “make a difference” as a professional speaker while enjoying more home life in southern California. Physical fitness, while having fun(Bucket List) and world travel is part of such balance.

A. FAMILY

1. Bonnie
2. Melissa Family
3. Adam
4. Extended family

B. HEALTH

1. Weight (or less) by quarter: 180 – 177 – 175 – 173 (1)
2. No wine unless <180 lbs (4 free days per month). Wine days to be less than workout days.
3. Workouts 4-5 times per week/ 250 year.
4. Marathons: 49 states completed/ 88 total, in quest of 50 states/ all continents/ 100 overall.
Continents to be completed in May. 50 states to be completed in October.
 - a. Disney half - January
 - b. Surf City - February
 - c. DC – March
 - d. Great Wall China – May
 - e. Atlantic City – October
5. Triathlons: Asia Ironman will complete all continents, with Malaysia in November.
 - a. Oceanside 70.3 – April
 - b. Maine 70.3 - August
 - c. Malaysia full – November.
6. Swim yards 72,000 / 24 hours / 2 hours month
7. Run 700 miles / 132 hours / 11 hours month
8. Bike 2500 miles /144 hours/12 hours month
9. Bike stationary 1500 miles/ 108 hours/ 9 hours month
10. Strength / weight workouts 72 year / 6 month
11. Rowing 48 hours/ 4 hours month
12. Blood platelet donations 6 year
13. Doctors: Medical Dec; Dentist 3x year; eyes summer; skin May
14. Floss daily
15. Water half gallon daily
16. Sleep hours 6 nightly

C. QUALITY OF LIFE/ TRAVEL/ VACATIONS

1. Mexico/Cabo - February
2. Murphy family in California – February
3. Peru/Chile/Machu Picchu – March
4. Family cruise – Caribbean – April
5. Hamilton Island – Australia – April
6. China/ Thailand – May
7. Palm Springs – June

- 8. Calif Beach week – August

- 9. Lovines in California – August
- 10. South Carolina golf with Rick– September
- 11. Nova Scotia – September
- D. VISITS WITH THE YOUNG FAMILY
 - 1. March - DC
 - 2. April – cruise
 - 3. June – Palm Springs
 - 4. July – Cville
 - 5. October – Atlantic City
 - 6. December – Christmas
- E. GOLF TOP 100 : 92 total. Goal of 4 more in 2017.
- F. EVENTS
 - 1. Mexico/Cabo
 - 2. Adam wedding
 - 3. China tours/ Great Wall/ Thailand
 - 4. Malaysia/ Ironman
 - 5. Nova Scotia/ golf
 - 6. Ireland/ golf
 - 7. Carolina golf/ Rick
 - 8. Hollywood sign/ June
 - 9. Blimp /June
 - 10. Indoor skydive
 - 11. Segway
 - 12. Bikram hot yoga
 - 13. AcroYoga
 - 14. Publish 2 new books – Shavitz & Bailey
 - 15. Several photo books
- G. HOUSEHOLD
 - 1. Sell LaQuinta house
 - 2. New car - Jack
 - 3. Investment mgmt. review / 2x year
- H. BALANCE/PERSONAL DEVELOPMENT
 - 1. Books 30 per year
 - 2. Movies 60 per year
 - 3. Magazines 12 monthly
 - 4. Manage/monitor sleep nights (3)

QTR	1	2	3	4	TOTAL	2016 Plan/Act
Biz	29	30	27	25	111	

Home	47	35	48	43	173
Fun	14	26	17	24	81
Total	90	91	92	92	365
Meals @ home	30	25	36	26	117

I. FOOTNOTES

1. A few goals specifically identified as:
 - (1) Non-negotiable
 - (2) Most difficult
 - (3) Most important