

## REVIEW OF 2018 PERSONAL GOALS

### STATS:

|                 | 2018    | 2017    |
|-----------------|---------|---------|
| Exercise days   | 246     | 242     |
| Wine days       | 237     | 208     |
| Exercise hours  | 396     | 390     |
| Run miles       | 1,055   | 722     |
| Marathons       | 3/ 93   | 2       |
| Strength hours  | 105     | 106     |
| Bike miles      | 63      | 1,216   |
| Rowing hours    | 44      | 59      |
| Blood platelets | 8       | 8       |
| Golf rounds     | 15      | 7       |
| Top 100 golf    | 3/ 96   | 0       |
| Air miles       | 150,420 | 120,954 |
| # Flights       | 104     | 108     |
| Speak gigs      | 64      | 84      |
| Books           | 26      | 29      |
| Movies          | 112     | 64      |
| Nights home     | 198     | 245     |
| Nights for biz  | 76      | 79      |
| Nights for fun  | 91      | 41      |

## HIGHLIGHTS:

1. Memorial for Bonnie in Cape May, along with week-long family reunion
2. Leslie surprisingly arrived in my life in June
3. World travel- Ireland 2x, Beijing, Australia, London, Berlin
4. 2 cruises in Caribbean
5. Rim2Rim2Rim in Grand Canyon
6. Maui week, lots of activities
7. Great Wall China Marathon for 7<sup>th</sup> continent
8. 50<sup>th</sup> state marathon in NJ
9. #1 Pine Valley golf course
10. Potato Chip rock 2x
11. Rejoin golf club Marbella
12. Rod Stewart concert
13. Pageant of the Masters
14. Hot air balloon in Australia
15. Kayak Vancouver
16. Hike mountain in Vancouver
17. Copter thru Chicago tour
18. Love Cirque in Vegas
19. Absinthe 2x in Vegas
20. Wicked in San Diego
21. Temecula wine country
22. Christmas celebrations 2x on both coasts

## COMMENTARY:

Instead of losing 10 pounds to 175, ended year at 186. Workouts on plan. Big accomplishments with 50<sup>th</sup> state marathon and Great Wall China marathon for 7<sup>th</sup> continent. Significant shortfall on both swim and bike goals, as triathlons were zero point of focus. Strength and rowing goals on plan. Blood platelets over plan, making a difference. All doctor visits, floss/water and sleep goals met. World travel as planned. Visits with the Young family on plan. Getting close on top 100 golf course goal, nailing Pine Valley was a biggie. Rejoined golf club (Marbella) and took 4 golf lessons. However, goal of 50 rounds underachieved by a lot with 15 rounds. More emphasis in 2019. Several Bucket List items knocked off the list, and those not carry over to 2019. Several house improvements completed. Books close to plan and movies more than double plan. Nights for Biz were on plan, and actually shifted some home nights to fun nights when Leslie arrived in my life (June).

Overall, a successful year and look forward to 2019. A full life, a blessed life, a life by design.