

REVIEW OF 2019 PERSONAL GOALS

STATS:	2019	2018	2017
Exercise days	230	246	242
Wine days	229	237	208
Exercise hours	387	396	390
Run miles	1189	1055	722
Marathons	2/95	3/93	2/91
Strength hours	87	105	106
Bike miles	105	63	1216
Rowing hours	27	44	59
Blood platelets	2	8	8
Golf rounds	3	15	7
Air miles	185k	150k	121k
# flights	115	104	108
Books	33	26	29
Movies	126	112	64
Note cards	319	-	-
Sit ups	24500	-	-
Steps	4776k	-	-
Distance	2243	-	-
Nights home	155	198	245
Nights biz	112	76	79
Nights fun	98	91	41

Note: 2017 impacted as Bonnie fought cancer from Feb to Nov. 2019 impacted with my broken leg on Dec 5.

Highlights:

1. Aug 5, "the Kiss" with long term client Karen Caplan resulted in me finding my soul mate.
2. Mar 27, the birth of my first Granddaughter, Lucy Bonnie Daly.
3. Dec 5, one step trip results in severed quad tendon and operation.
4. Personal travel included 5 continents, 22 countries, 38 international cities and 20 USA states.
5. Israel, Rome, Havana, Dubai, Pompei, Florence, Naples, Valencia, Barcelona, Shanghai, London, Nepal, Sri Lanka, India, Puerto Rico, Phillipines, Australia, Indonesia, St. Martin, St. Lucia, Kenya, Vietnam, Bangkok, Vancouver and Toronto.
6. Rim2Rim2Rim
7. Cruises 2x
8. Gov Ducey/ Cabinet
9. Old City Jerusalem
10. Dead Sea
11. Climb Masada
12. Prayers Western Wall
13. Church Holy Sepulchar
14. Bethlehem
15. Hawaii 2x
16. Cover biz mag
17. Albuquerque hot air balloon fiesta
18. Active volcano Suraboya
19. Safari Kenya – 3 camps
20. Skin cancer surgery 2x
21. Mt. Everest flight
22. Bangkok float market
23. Bangkok King Coronation
24. Rappelling Mitzpe Ramon
25. Velodrome indoor
26. Vietnam war tunnels
27. Price is Right attend
28. Climb Potato Chip Rock 5x
29. World Holocaust Remembrance Center
30. Paraglide Torrey Pines
31. Churchill War Room
32. Climb Koko Crater
33. Shuk Market
34. Hike Manhattan tip to tip
35. Magic Castle

36. Barossa wine country
37. PGA Bethpage
38. James Taylor concert
39. Run Diamond Head 4x
40. Pearl Harbor
41. Nixon Library
42. Hollywood sign
43. Shabbat dinner
44. Hanukkah
45. LBI Bonnie memorial

COMMENTARY:

After coming to grips in June that I would likely lead a life without a life partner, August 5 at dinner was “the Kiss” with long time client and friend Karen Caplan and we have been inseparable ever since. The more we are together, the more we are convinced we are soul mates. With Karen being Vegan and doing some research via reading and a couple documentary movies, I’ve moved more toward a plant diet lifestyle. I doubt I will ever go full Vegan, the change has been relatively easy and is a contributor to my losing 12 pounds for the year.

I couldn’t be happier for Adam and Melissa with the birth of Granddaughter Lucy Bonnie Daly. It wasn’t easy to get there, but the payoff of that smiling cutie is a daily blessing.

With all my exercise, races and extreme sporting events, slipping on a single step resulted in a severed quad tendon which necessitated a knee operation. This accident sidelined me for December and the first 3-6 months of 2020 will be focused on recovery. My exercise stats would have all been new annual records had the accident not occurred, but that is life. Additionally, my quest of 100 marathons was scheduled for 2020, and will now shift to 2021.

I was disappointed to not maintain my blood platelet donations, falling from 8 to 2. This was the result of certain international travel that benched me for one year. However, on several occasions I put out a Facebook request from others and I know the response was greater than 10 that otherwise would not have happened.

All doctor visits, floss/water and sleep goals were met. Golf has been relegated to occasionally only, and triathlons remain on hold. Both a function of other life desirables taking priority (only so many hours in the day; as such, must learn to say NO on occasion).

International travel was amped up, as I celebrated year number 70, and my project of a “photo a day” photo book will now require 4 volumes! This travel resulted in several more Bucket List items being checked off the list.

Decision was made to sell my current house, and house was listed in December, with several improvements and full staging of the house. House search underway for 2020 move.

Overall, the year was one for the record books! Exceeded all expectations, with the big bummer the knee injury. 2020 plans are for a spectacular year, and Karen and I are excited to share such an extraordinary life together. It's a full life, a blessed life, a life by design.