

## SUMMARY REPORT- YEAR IN REVIEW 2021 – JACK DALY

Most of the goals set a year ago were “crushed.” I’m titling the year, “The Year of 100.” Ran 100<sup>th</sup> marathon in Athens, Greece; played 100 golf rounds; and read/audible 104 books. On a negative note, added 7 lbs in 2021 and 6 lbs in 2020, making it 13 lbs gained, so this year the plan is to drop them!

### NOTABLE EVENTS:

1. 100 marathons, culminating in Athens Greece. Now have run one in all 50 states and the 7 continents. Marathon running career declared “finished.”
2. New book written, my 10<sup>th</sup>, titled “Jack Daly’s Life by Design.” Release in March 2022.
3. New Grandbabies, Eli and Brooklyn.
4. Yard enhancement, completing a year+ long project.
5. Athens, Greece holiday.
6. WindStar Cruise in the Med.
7. Artwork purchased in Athens to compliment the new yard.
8. Big Five Utah National Parks.
9. Golfed the Monterey Peninsula.
10. Shows: Absinthe, Beach Boys, Rod Stewart, Andreas Bocelli.
11. Two new cars purchased.
12. Nixon and Reagan Presidential Library visits.
13. Van Gogh Exhibit.
14. Statue of Liberty visit.
15. Vax and Booster.
16. Cancer treatment of one year embarked mid-year, as lymph node occurrence following original melanoma surgery in early 2020.

### DETAILS:

	2021 Actual	2021 Plan	2020 Actual
Workout days	344	300	337
Wine days	241	-	254
Marathons	5	5	0
Peloton PR’s	41	0	0

Steps (k's)	6,099	5,000	5,572
Distance miles	2,885	-	2,595
Exercise hours	605	500	629
Rest HR	51	55	56
Run miles	1,048	1,200	1,323
Run hours	245	240	343
Peloton miles	2,459	2,400	1,759
Peloton hours	141	150	113
Peloton mph	17.4	16	15.6
Peloton rides	409	300	-
Rowing hours	210	50	92
Swim yards (k's)	16	250	26
Sit-ups (k's)	48.6	60	61.8
Yoga	2	12	0
Golf rounds	100	72	44
Golf index	20.3	-	18.6
Books	104	52	44
Movies	176	48	80
Sleep hr	8.02	7	6.7
Note cards	326	180	192
Gigs	62	50	30
Air flights	31	-	28
Dress up nights	52	24	15
Family/friends get togethers	29	24	9

Bring on 2022!