

SUMMARY REPORT – YEAR IN REVIEW 2022 – JACK DALY

Plenty of goals set a year ago were accomplished, while a few experienced shortfalls (more on that later!). I'm titling the year, "The Year of Life Changing." After a 2 ½ year of battling cancer, I was declared "cancer free." Combine that with the official release of my tenth book "Jack Daly's Life by Design", and you have "Life Changing!"

HIGHLIGHT EVENTS:

1. April 2020 (pandemic lockdown begins) and I'm declared stage 3 malignant melanoma on top of my head. Surgery same month told cancer free. 8 months later, reappears in my neck. On to a 54 week cancer treatment program with \$2 million+ in the treatment process. Success announced in third quarter 2022. Cancer free! In a word, Grateful.
2. March 2022, official book launch of "Jack Daly's Life by Design." Reception in the market has been quite gratifying, and already hearing terms of "Life Changing!"
3. Bucket List breakthrough! World Series with the Phillies; \$100 Cheesesteak; Saber champagne at book launch; Shear a sheep; snake around my neck; kiss on top of Ferris wheel; Acupuncture; Zipline; hot air balloon; electric scooter; Air force football game; and Tower Walk in Auckland.
4. Concerts/Shows: Eagles; Lady Gaga; James Taylor; Oakville Session; Hamilton; Elton John; David Foster; Musique; David Copperfield.
5. Golf Passion: Bandon Dunes resort; Torrey Pines; Las Vegas; Florida; Palm Springs; Industry Hills; Yarravale Best Backyard Course; and many rounds at home course Bella Collina.
6. Cruise in Caribbean.
7. Multiple week visits to Australia and New Zealand.
8. New cars again? Yes, both Karen and I greatly disappointed with our electric car experiences. Now in Lexus and Porsche, and much happier!
9. Many family gatherings on both Karen and Jack sides of the family.

DETAILS:

	2022	2022	2021
	Actual	Plan	Actual
Workout days	314	300	344
Wine days	219	-	241
Steps (k's)	5,692	5,000	6,099
Distance miles	2,605	-	2,885
Exercise hours	578	500	605
Rest HR	52	50	51
Run miles	1,019	1,000	1,048
Run hours	259	220	245
Peloton miles	687	1,900	2,459
Peloton hours	44	120	141
Peloton mph	15.6	16	17.4
Peloton rides #	164	360	409
Rowing hours	223	150	210
Strength workouts	84	100	-
Sleep hour avg	8.13	8.0	8.02
Golf rounds	99	84	100
Golf index	19.9	16	20.3
Books read	85	75	104
Movies	193	120	176
Note cards	224	180	326
Gigs	51	70	62
Dress up nights	59	24	52
Family/friends get togethers	57	24	29

SUMMARY THOUGHTS:

Cancer treatment program had significant negative impact on my physical endurance levels. As such, no races were completed, and several exercise line items were down compared to prior year. As 2023 progresses, so should my endurance levels.

It truly is a "Life by Design!"