

TALE OF THE TAPE – JACK DALY	2024 ACTUAL	2024 PLAN	2023 ACT
WORKOUT DAYS	334	250	303
WINE DAYS	210	NA	233
EXERCISE HOURS	628	NA	594
RUN MILES	1010	1000	1005
RUN HOURS	289	250	266
PELTON MILES	99	1200	635
PELTON HOURS	6	75	42
STRENGTH HOURS	143	100	175
ROWING HOURS	176	150	186
STEPS	4.9 mil	5 MIL	5.4 MIL
DISTANCE MILES	2157	2200	2483
HEART RATE	52	52	53
WEIGHT GAIN/LOSS	-16	-7	+5
SLEEP AVERAGE	8.25	8	8
GOLF ROUNDS	86	84	91
GOLF INDEX	19.3	17	18.2
BOOKS	102	60	97
MOVIES	206	125	188
NOTE CARDS	327	200	72
DRESS UP	58	24	71
FAM/FRIENDS GET TOGETHER	83	24	63
SPEAKING GIGS	30	20	32

REFLECTIONS: Overall, pleased with performance. Maintained a 16-17 index for the year, fell apart in December (that's golf!). Pulled out of using the peloton, as aftereffects of cancer drug compromised endurance level, so stats on the peloton were discouraging (have now reconciled self to slower times and will renew biking in 2025). Most other metrics outperformed plan, with # of workout days and weight loss areas of greatest satisfaction.

HIGHLIGHTS OF ACTIVITIES: CT Scan results reported as "unremarkable" which when it comes to cancer, doesn't get any better! Karen "WOW'ed" me with an amazing 75th birthday celebration. After 5+ years of talking about visiting Prague, we finally made it, then coupled it with a Med cruise and a visit to Venice. Plenty of concerts, with Taylor Swift and Adele grabbing the headlines. Engaged a nutritionist and both Karen and I are enjoying the learnings and improved health/fitness. Mexico City, Yosemite, Kiawah Island, and Ireland each delivered the fun anticipated (Karen snuck in Hong Kong which I passed on). Golfing at Pebble Beach, Ocean course and Streamsong all provided Top 100 golf experiences (and we joined a new golf club at Coto de Caza!). Unique experiences included attending a Savannah Bananas game, Itzhak Perlman concert, Pageant of the Masters, the Sphere for Postcards from Earth, Eagles/Rams game at SOFI and an insider tour of JPL/NASA (and Karen and I ended up on the cover of our residential community magazine!).

2024 was certainly an amazing year and both Karen and I are looking forward to more life adventures as we lead our LIFE BY DESIGN!