

PERSONAL GOALS 2025 – JACK DALY

THEME: In 2024, I embarked on the fourth 25 years of my life. While I continue to enjoy the duality of professional speaking and CEO coaching, I began the process of cutting back on the business side of traveling. This will continue to be the pattern for 2025. Health and fitness will continue to be a priority, along with golf and the pursuit of activities on my Bucket List. World travel with Karen will also be a mainstay in this Life by Design. My children and grandchildren now all live in the Charlottesville area, and I expect to be there on several visits (but never truly enough!). As well, I expect they will all spend a vacation week here in southern California. I'm grateful for the life I live, the health I have and the opportunity to make a positive difference in other people's lives.

A. FAMILY

1. Relationship with Karen
 - a. Golf rounds together (60+)
 - b. Nutrition and strength training
 - c. Twice monthly "dress up" dinners
 - d. Monthly dinners with family/friends
 - e. Karen's 70th birthday celebration
2. Cville visits at least 3x
3. Adam Daly and Melissa Young families visit to California
4. Caplan Family, minimally bimonthly visits
5. Caplan Family week in Palm Springs
6. Extended families, as opportunities are presented

B. HEALTH/FITNESS

1. Weight by quarter: 175 – 172 – 170 – 170
2. Body Fat % by quarter: 24 – 22- 20 -18
3. BMI by quarter: 25 – 24- 22 – 22
4. Macros by quarter: carb 30%; fat 30%; protein 40%
5. Daily calorie count: 2200
6. Blood pressure by Quarter: 140/75 or lower
7. VO2 : 36-40
8. No wine unless under 178 lbs (4 free days per month). Wine days to be Less than workout days annually.
9. Continue with professional nutrition program
10. Workout 5 times per week/250 year
11. Jog 1000 miles/ 85 monthly/ 250 hours
12. Bike peloton 150+ rides/ 30 min avg/ 16 mph/ 70 hours/ 1120 miles
13. Strength workouts 200 per year/ 4 times per week
14. Rowing 150 hours per year/ 3 hours per week/ 12 hours a month
15. Steps 4.5 million per year/ 375k month/ 12k daily

16. Distance on foot 2000 miles/ 165 monthly/ 5 miles daily
17. Sleep 8 hours daily
18. Swim 24 hours in year/ 5k yards per hour/ 120k yards year
19. Golf 84 rounds per year/ 7 times monthly
20. Golf index from 19 to 15
21. Water half gallon daily
22. Floss daily
23. Learn to play pickleball
24. Test feasibility of returning to Ironman racing
25. Doctors: medical 2x; cancer 2x; skin 4x; dentist 3x; eyes 1x

C. TRAVEL/QUALITY OF LIFE

1. Cville 3 visits
2. NY-NJ-MD Jan
3. Phoenix Jan
4. Denver Jan
5. Bandon Dunes Jan
6. Bermuda Feb
7. Philly Feb
8. New Orleans Mar
9. World Cruise (Canary Islands, Portugal, Morocco, Spain) Apr
10. Boston April
11. DC/VA May
12. Mexico City May
13. Palm Desert May
14. Jackson Hole Jun
15. Ojai Jun
16. Vancouver Aug
17. Safari Sept

D. BUCKET LIST

1. Attend boxing match
2. Waiter 100% tip
3. Skinny dip
4. Gorillas in the wild
5. Get hypnotized

E. HOUSEHOLD

1. Investment management review 2x yearly
2. Reorganize home office/financial records
3. Reorganize closets

F. PERSONAL DEVELOPMENT/BALANCE

1. Books 72 yearly
2. Movies 150 yearly
3. Magazines 6 monthly
4. Handwritten notes 200 yearly
5. Dinner parties at house – 12 yearly
6. Karen/Jack book
7. Life by Design book for young adults
8. # Speaking Gigs by month: $7 - 2 - 2 - 1 - 2 - 1 - 0 - 0 - 1 - 2 - 2 - 0 = 20$
9. # Coach Clients: 12 for each month

LOOKING FORWARD TO A HEALTHY, LOVING, EXCITING 2025!