PERSONAL GOALS 2026 – JACK DALY

THEME: I continue to be grateful for the life I live, the health I have, the people who share their love with me and the opportunity to make a positive difference in lives. The past couple years I've intentionally cut back on the business side of travel, and this will continue to be the case in 2026 (although personal travel continues at a designed frenetic pace!). My business continues to be a mix of CEO Coaching and professional speaking, both of which bring me considerable joy and purpose. With kids and grandkids on the east coast my visits east take on a heightened importance and are reflected in my goals. Both families were able to make extended visits to California in 2025, and I'm hoping we can do similarly in 2026. Karen and I both enjoy our world travels together, and 2026 will continue to reflect the same. Life is to be loved, and that is a great theme summary for 2026!

A. FAMILY
    1. Relationship with Karen
        a. Nutrition and strength training supporting partners
        b. Golf rounds together (60+)
        c. Co-Author book project
        d. Twice monthly "dress up" dinners
        e. Monthly dinners with family/friends
    2. Cville visits at least 2X
    3. Adam Daly and Melissa Young families visit to California
    4. Caplan family, minimally bimonthly visits
    5. Caplan family week together
    6. Extended families, as opportunities are presented
B. HEALTH/FITNESS
    1. Weight by quarter: 180 – 178 – 175 – 175
    2. Body fat % by quarter: 24 – 22 – 21 – 20
    3. Macros by quarter: carb 30%; fat 30%; protein 40%
    4. Daily calorie count: 2200
    5. Blood pressure: 135/70
    6. VO2: 36-40
    7. Meditate daily
    8. Readiness score: 88
    9. Professional nutrition program/vitamins daily/track food daily

10. No wine unless under 186 lbs (4 free days per month); wine days to be less than workout days
11. Workout 5 times per week/ 250 year
12. Athletic walk 840 miles/70 monthly/ 240 hours
13. Peloton bike 150+ rides/30 min avg/ 16mph/ 75 hours/1200 miles
14. Rowing 100 hours year/ 2 hours weekly/ 10 hours monthly
15. Strength workouts 200 per year/ 4 times weekly
16. Swim 24 hours yearly/ 5k yards per hour/ 120k yards yearly
17. Steps 4 million yearly/ 333k monthly/ 11k daily
18. Distance on foot 1800 miles yearly/ 150 monthly/ 5 miles daily
19. Sleep 8 hours daily
20. Floss daily
21. Water half gallon daily
22. Doctors: medical 2x; cancer 2x; skin 3x; dentist 3x; eyes 1x
23. Metabolic age 76-65
24. Resting heart rate 52
25. Renew blood platelets donation
26. Golf 84 rounds yearly/ 7 times monthly
27. Golf index from 17 to 14

C. TRAVEL/QUALITY OF LIFE
1. Cville 2x visits
2. Maui – Jan
3. Guatemala – Jan
4. Philippines – Jan
5. Malaysia – Jan
6. San Francisco – Feb
7. Las Vegas – Feb
8. LaQuinta – Feb
9. Boston – Apr
10. Montreal – May
11. Austin – Jul
12. Costa Rica – Nov
13. Egypt – Sep
14. Bandon Dunes Oregon
15. Ozarks golf

16. NYC and Toronto
17. Vancouver
18. Paris/Normandy
19. Seattle

D. BUCKET LIST
    1. Egypt /pyramids
    2. Jordan/Petra
    3. Wine country France
    4. Abu Simbel Egypt
    5. Attend boxing match
    6. Skinny dip
    7. Get hypnotized
    8. Get palm read
    9. Hole in One

E. HOUSEHOLD
    1. Investment management review 2x yearly
    2. Reorg home office/financial records
    3. New Gym Flooring

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. Life by Design book for young adults
    7. Karen/Jack book
    8. Morne book
    9. Speaking gigs by month: 8-3-6-0-1-0-0-0-1-1-2-1 = 23
    10. Coach clients # monthly : 12

HERE'S TO A HEALTHY, EXCITING AND LOVING YEAR IN 2026‼