

M^M

YOUR MONTHLY MOTTO:

"You don't have to wait to be confident"



My Monthly Goals:

- _____
- _____
- _____
- _____
- _____

Strive for 150 minutes of exercise per week! This is according to the Canada Movement Guidelines.



WELLNESS CALENDAR

Facebook@Systems247
 LinkedIn@Systems 24-7
 Instagram@Dunk247



		8	2			9		3
3	4	2		9	5			7
1	9	7						4
		5	3	1	2	4	7	9
2				7	4	5		
	2				1			5
	7				6	8	9	1
8			4	3		7		6

Allow your mind to get some rest after a long day at work with this month's Sudoku activity seen above. Each month will have a new activity for you to enjoy.

Want to be featured in our newsletter, share your completed activity with us on social media, or email it in to communications@systems24-7.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The month is full of tips to help you live the monthly motto (M^M) But feel free to scratch them out and create your own! Colour in the water bottles as you drink water throughout the day (4 bottles = 8 glasses). Did you do any physical activity? Check off the active box.</p>				<p>01</p> <p>Write out your goals for this month.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>02</p> <p>No meat today. Find a vegetarian dish you love.</p> <p>Good Friday</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>03</p> <p>Buy some flowers to brighten your day.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>
<p>04</p> <p>Switch to non-toxic household cleaning products.</p> <p>Easter Sunday</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>05</p> <p>Start your day with a hearty breakfast.</p> <p>Easter Monday</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>06</p> <p>Only take the stairs today. (If applicable)</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>07</p> <p>Did you floss today?</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>08</p> <p>Make sure to get enough sleep, by going to bed early.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>09</p> <p>Get at least 30 minutes of sun today.</p> <p>Vimy Ridge Day</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>10</p> <p>Check your body language. (Ex. Stand up straight, make eye contact)</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>
<p>11</p> <p>Focus on all the ways it can go right instead of wrong.</p> <p>National Pet Day</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>12</p> <p>Have you finished a goal yet?</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>13</p> <p>Take pride in your achievements.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>14</p> <p>Eat the rainbow. With every meal include a colour of the rainbow.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>15</p> <p>Make sure to take deep breaths.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>16</p> <p>Appreciate all the things your body does for you.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>17</p> <p>Check your inner monologue and replace any negativity.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>
<p>18</p> <p>Meal prep for the week ahead.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>19</p> <p>Talk a long walk. You can never go wrong with fresh air and exercise.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>20</p> <p>Be present.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>21</p> <p>Repeat the monthly motto 5 times.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>22</p> <p>Eat a fatty fish such as salmon.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>23</p> <p>Finish a monthly goal.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>24</p> <p>When is the last time you had a vitamin?</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>
<p>25</p> <p>Use plenty of herbs and spices. The health benefits are powerful.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>26</p> <p>Avoid diets. Focus on nourishing your body instead of depriving it.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>27</p> <p>Reach out to others.</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>28</p> <p>Finish all your monthly goals!</p> <p>National Superhero Day</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>29</p> <p>Focus on all your senses.</p> <p>International Dance Day</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>30</p> <p>Find a new skill you want to learn. (Ex. Playing piano)</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/> M^M <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	

● 1st Quarter ○ Full Moon ● 3rd Quarter ● New Moon

Answers From Top Left to Bottom Right: First Square: 5, 6, Second Square: 4, 7, 1, 8, 6, 3, Third Square: 1, 6, 8, 2, 5, Fourth Square: 6, 8, 7, 3, 4, 1, 9, Fifth Square: 9, 5, 8, 6, Sixth Square: 1, 6, 2, 3, 8, Seventh Square: 9, 6, 4, 3, 5, 1, Eighth Square: 7, 8, 5, 2, 9, Ninth Square: 3, 4, 2.