

MM

## YOUR MONTHLY MOTTO:

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

24/7 Wellness

### My Monthly Goals:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

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

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# WELLNESS CALENDAR

**f** Facebook@Systems247  
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www.systems24-7.com

		8	2			9	3
3	4	2		9	5		7
1	9	7					4
		5	3	1	2	4	7
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](mailto:communications@systems24-7.com)

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

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

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