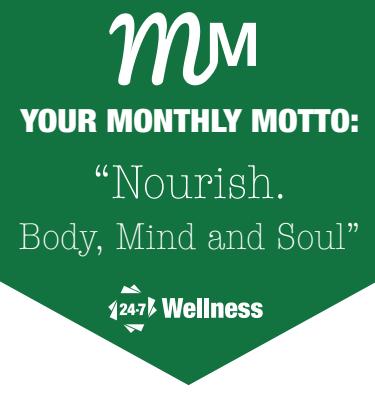


Allow your mind to get some rest after a long day at work with this month's maze activity seen at the top of the page. Each month will have a new activity for you to enjoy.

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
<b>The month is full of tips to help you live the monthly motto ( MM) 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.</b>			<b>01</b> Write out your monthly goals.	<b>02</b> Doodle.	<b>03</b> Donate/volunteer at your local food bank. <i>National Food Bank Day</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>04</b> Light a candle with your favourite scent. (Remember safety first) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>05</b> Save time in the morning and plan your outfit before bed. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>06</b> Start a gratitude journal. <i>Labour Day</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>07</b> Walk outside and get some vitamin D.	<b>08</b> Get a houseplant.	<b>09</b> Accomplish the first task of the day and make your bed.	<b>10</b> Plan your snacks wisely. Nuts and fruits can be prepared in advanced. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>11</b> Wash away the day with a skincare routine. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>12</b> Face on of your fears.	<b>13</b> Improve your sleep by keeping your phone outside the bedroom at night.	<b>14</b> Have you finished a goal yet?	<b>15</b> <i>National Online Learning Day</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>16</b> Create a vision board. Places to go, things to see, people that inspire you, etc. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>17</b> Start an emergency fund.	<b>18</b> Participate in a day class or follow a YouTube video. <i>National Dance Day</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>19</b> Visit a local shop.	<b>20</b> Take 10 minutes to breathe deeply.	<b>21</b> Play a board game.	<b>22</b> Look through old photos and enjoy all the memories.	<b>23</b> Finish a monthly goal.	<b>24</b> Listen to a new podcast or audio book. <i>National Tune-Up Day</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>25</b> With winter on the way make sure to tune up your car.
<b>26</b> Treat yourself with a freshly made baked good you did yourself. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>27</b> Make some quiet time. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>28</b> Try some bicep curls. If you don't have weights use some water jugs. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>29</b> Finish your monthly goals. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>30</b> Cuddle up with a furry friend.		



### My Monthly Goals:

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

**Strive for 150 minutes of exercise per week!** This is according to the

5 Canada Movement Guidelines.



# WELLNESS CALENDAR

**f** [Facebook@Systems247](#)

**in** [Linkedin@Systems 24-7](#)

**Instagram@Dunk247**

