



YOUR MONTHLY MOTTO:

“Your health is an investment, not an expense”



My Monthly Goals:

- 1 _____
- 2 _____
- 3 _____
- 4 _____

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

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Source: <http://allfreeprintable.com/spring-crossword>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The month is full of tips to help you live the monthly motto (<i>mm</i>) 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><i>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.</i></p>					<p>01</p> <p>Write out your monthly goals.</p> <p><input type="checkbox"/> <i>z</i> <input type="checkbox"/> <i>mm</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>02</p> <p>Do a digital detox. No electronics for the day.</p> <p><input type="checkbox"/> <i>z</i> <input type="checkbox"/> <i>mm</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>
<p>03</p> <p>Play a game you loved as a kid.</p> <p><input type="checkbox"/> <i>z</i> <input type="checkbox"/> <i>mm</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>04</p> <p>Ditch the coffee and try an herbal tea today.</p> <p><input type="checkbox"/> <i>z</i> <input type="checkbox"/> <i>mm</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>05</p> <p>Listen to a podcast.</p> <p><input type="checkbox"/> <i>z</i> <input type="checkbox"/> <i>mm</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>06</p> <p>Light your favourite candle.</p> <p><input type="checkbox"/> <i>z</i> <input type="checkbox"/> <i>mm</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>07</p> <p>Take some photos of the spring flowers starting to bloom.</p> <p><input type="checkbox"/> <i>z</i> <input type="checkbox"/> <i>mm</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>08</p> <p>Try a detox smoothie.</p> <p><input type="checkbox"/> <i>z</i> <input type="checkbox"/> <i>mm</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>09</p> <p>What are 10 things you are grateful for?</p> <p><i>Vimy Ridge Day</i></p> <p><input type="checkbox"/> <i>z</i> <input type="checkbox"/> <i>mm</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>
<p>10</p> <p>Have a spa day. Don't want to go to a spa, make one at home.</p> <p><input type="checkbox"/> <i>z</i> <input type="checkbox"/> <i>mm</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>11</p> <p>Take a walk down memory lane and look at some old photos.</p> <p><input type="checkbox"/> <i>z</i> <input type="checkbox"/> <i>mm</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>12</p> <p>Plan a getaway.</p> <p><input type="checkbox"/> <i>z</i> <input type="checkbox"/> <i>mm</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>13</p> <p>What is your favourite inspirational quote.</p> <p><input type="checkbox"/> <i>z</i> <input type="checkbox"/> <i>mm</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>14</p> <p>Buy yourself some flowers.</p> <p><input type="checkbox"/> <i>z</i> <input type="checkbox"/> <i>mm</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>15</p> <p>Don't eat anything fried today.</p> <p><i>Good Friday</i></p> <p><input type="checkbox"/> <i>z</i> <input type="checkbox"/> <i>mm</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>16</p> <p>Tell someone you appreciate them.</p> <p><input type="checkbox"/> <i>z</i> <input type="checkbox"/> <i>mm</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>
<p>17</p> <p>Work on a monthly goal.</p> <p><i>Easter Sunday</i></p> <p><input type="checkbox"/> <i>z</i> <input type="checkbox"/> <i>mm</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>18</p> <p>Go to the movies.</p> <p><i>Easter Monday</i></p> <p><input type="checkbox"/> <i>z</i> <input type="checkbox"/> <i>mm</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>19</p> <p>Go for a light jog or fast pace walk.</p> <p><input type="checkbox"/> <i>z</i> <input type="checkbox"/> <i>mm</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>20</p> <p>Sing out loud to your favourite song.</p> <p><input type="checkbox"/> <i>z</i> <input type="checkbox"/> <i>mm</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>21</p> <p>Take a nap.</p> <p><input type="checkbox"/> <i>z</i> <input type="checkbox"/> <i>mm</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>22</p> <p>Take a relaxing bubble bath.</p> <p><input type="checkbox"/> <i>z</i> <input type="checkbox"/> <i>mm</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>23</p> <p>Do some gardening.</p> <p><input type="checkbox"/> <i>z</i> <input type="checkbox"/> <i>mm</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>
<p>24</p> <p>Find new recipes to try for the week.</p> <p><input type="checkbox"/> <i>z</i> <input type="checkbox"/> <i>mm</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>25</p> <p>Start a dream journal.</p> <p><input type="checkbox"/> <i>z</i> <input type="checkbox"/> <i>mm</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>26</p> <p>Indulge in your favourite dessert.</p> <p><input type="checkbox"/> <i>z</i> <input type="checkbox"/> <i>mm</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>27</p> <p>Finish your monthly goals.</p> <p><input type="checkbox"/> <i>z</i> <input type="checkbox"/> <i>mm</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>28</p> <p>Go to bed early to give yourself at least 8 hours of sleep.</p> <p><input type="checkbox"/> <i>z</i> <input type="checkbox"/> <i>mm</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>29</p> <p>Invite someone to go out for coffee/tea.</p> <p><input type="checkbox"/> <i>z</i> <input type="checkbox"/> <i>mm</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>30</p> <p>Treat yourself to a brand new outfit.</p> <p><input type="checkbox"/> <i>z</i> <input type="checkbox"/> <i>mm</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>

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Grayed out days are office closure or hour changes.

ACROSS: 4. Umbrella, 6. Kite, 8. Melts, 10. Nest, 12/ Shower, 13. April, 15. April Fools, 16. Seasons. DOWN: 1. April, 2. Puddle, 3. Warm, 5. Rain, 7. Easter, 9. Lull, 11. Spring, 14. May.