



**mM**

**YOUR MONTHLY MOTTO:**

“Refresh, Refocus and Restart”

124/7 Wellness

**My Monthly Goals:**

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

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

5 Canada Movement Guidelines.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Allow your mind to get some rest after a long day at work with this month's colouring activity seen at the top of the page. Each month will have a new activity for you to enjoy.</b>						
Want to be featured in our newsletter, share your completed activity with us on social media, or email it in to <a href="mailto:communications@systems24-7.com">communications@systems24-7.com</a>						
03 Meal plan for the week.	04 Start a new book.	05 Commit to let go of one thing bugging you.	06 Set a timeline on something that needs attention.	07 Prioritize your task list and cross off a couple easy ones.	01 Write down your four goals.	02 Pick up a project collecting dust.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 Clean out your fridge.	11 Re-organize a cluttered space. <i>National Human Trafficking Awareness Day</i>	12 Phone a friend!	13 Re-watch a favourite film. <i>National Clean Off Your Desk Day</i>	14 Re-establish your boundaries.	15 Work on a monthly goal.	16 Re-focus negative thoughts to positive ones.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17 Cut out pop and drinks with caffeine.	18 Recognize your own bias... work on it.	19 Smile at someone.	20 Take a bubble bath.	21 Finish a monthly goal!	22 Finish a chapter in the book you started.	23 Park in the furthest spot.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24 Clean out your email inbox.	25 Remind yourself of your talents.	26 Send a positive message to someone.	27 Reconnect with an old friend.	28 Finally take down your holiday decor....oops. <i>Bell Let's Talk Day</i>	29 Delivery Day! Order Out!	30 Allow yourself a day of doing nothing.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31 Finish all your monthly goals!	<p><b>The month is full of tips to help you live the monthly motto (mM)</b></p> <p><b>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></p>					
<input type="checkbox"/>						



# WELLNESS CALENDAR

**f Facebook@Systems247**

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**Instagram@Dunk247**



## YOUR MONTHLY MOTTO:

“Be stronger, than your strongest excuse”



## 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

 Facebook@Systems247  
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 Instagram@Dunk247



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A crossword grid with numbered entries. The grid consists of a 10x10 grid of squares. Some squares are blacked out, while others are white. Numbered entries are as follows:

- 1: 2 squares (top-left)
- 2: 2 squares (top-middle)
- 3: 2 squares (top-right)
- 4: 2 squares (middle-left)
- 5: 1 square (middle-top)
- 6: 1 square (middle-middle)
- 7: 1 square (middle-right)
- 8: 1 square (far-right)
- 9: 2 squares (far-right)
- 10: 2 squares (far-right)
- 11: 2 squares (far-right)
- 12: 2 squares (top-left)
- 13: 2 squares (top-middle)
- 14: 2 squares (far-right)
- 15: 2 squares (top-left)
- 16: 2 squares (top-middle)
- 17: 2 squares (far-right)
- 18: 2 squares (middle-left)
- 19: 2 squares (middle-right)
- 20: 2 squares (top-left)
- 21: 2 squares (top-middle)
- 22: 2 squares (far-right)
- 23: 2 squares (top-left)
- 24: 2 squares (middle-left)
- 25: 2 squares (middle-middle)
- 26: 2 squares (middle-right)
- 27: 2 squares (far-right)
- 28: 2 squares (far-right)
- 29: 2 squares (top-left)
- 30: 2 squares (middle-left)
- 31: 2 squares (far-right)
- 32: 2 squares (far-right)
- 33: 2 squares (far-right)
- 34: 2 squares (middle-left)
- 35: 2 squares (far-right)
- 36: 2 squares (top-left)
- 37: 2 squares (top-middle)
- 38: 2 squares (top-right)
- 39: 2 squares (middle-right)
- 40: 2 squares (far-right)
- 41: 2 squares (top-left)
- 42: 2 squares (middle-left)
- 43: 2 squares (middle-middle)
- 44: 2 squares (middle-right)
- 45: 2 squares (far-right)
- 46: 2 squares (top-left)
- 47: 2 squares (middle-left)
- 48: 2 squares (far-right)
- 49: 2 squares (far-right)
- 50: 2 squares (top-left)
- 51: 2 squares (middle-left)
- 52: 2 squares (far-right)
- 53: 2 squares (top-left)
- 54: 2 squares (middle-left)
- 55: 2 squares (far-right)

Puzzle from [boatloadpuzzles.com](http://boatloadpuzzles.com)

Down:

1. Sure!	7. Play divisions	19. Rage	28. Adjusts again
2. Certain grain	8. Sharpen	20. Income	31. Antiseptic
3. Famous vampire	9. Stallone role	21. Recline	32. ____ -tac-toe
4. Parcel out	10. October gems	25. Gay Nineties, e.g.	33. Thus far
5. Grooming aid	11. Forest growths	26. Pester incessantly	34. Sleeve filler
6. Hawaiian cookout	16. Showed feelings	27. Exploit	36. Make points

Allow your mind to get some rest after a long day at work with this month's crossword activity seen here. 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)

## Across:

1. "Star Wars" character	31. Pigpen
5. Cat's weapon	34. Maxims
9. Spoil	35. Even score
12. Certain nobleman	36. "The Lion King" villain
13. Painful cry	39. Put up
14. Mar. follower	41. News analyst
15. Deadlock	46. Artist Yoko _____
17. Bombshell ____ West	47. Honor roll (2 wds.)
18. Flammable	50. Hurried
20. Dwarf planet	51. Essence
22. "Friends" character	52. Alternative word
23. Feel unwell	53. London's country (abbr.)
24. Professor's protection	54. BPOE members
29. Positive vote	55. Kernel
30. Delete	

37. TV Host ____ O'Brien	45. Picnic intruders
38. Amid	48. Wind direction (abbr.)
40. Portrayals	49. Koppel or Williams
42. Cliff's brink	
43. Rocker ____ Young	
44. Assigned job	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	01 Start a puzzle.	02 Clean out your closet. <i>Groundhog Day</i>	03 Buy nothing today. Try not to spend any money.	04 Clear the dust from your work station.	05 Add an extra 1000 steps to your walking goal.	06 Catch up on a book you stopped reading.	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
07 Write out your four monthly goals.	08 Challenge yourself. Caffeine free Monday.	09 Taco Tuesday, share your favourite taco combination.	10 Take a deep breathe every hour today.	11 Have fruit with every meal today.	12 You've worked hard this week, enjoy a nice treat.	13 Go play in the snow.	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
14 Eat a healthy breakfast. <i>Valentine's Day</i>	15 Drop off canned food at a shelter. <i>Family Day</i>	16 Self love, write 3 things you love about yourself.	17 Have you finished a goal yet? <i>Ash Wednesday</i>	18 Try some squats today.	19 Check your cars washer fluid levels.	20 Take a lazy day. Relax and refocus.	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
21 Repeat the monthly motto 5 times.	22 Clean out your wallet. Remove expired coupons.	23 Finish a monthly goal.	24 Retry a food you hated as a kid.	25 Smile today.	26 Let go of any negativity this week.	27 Get some fresh air and take a walk outside.	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
28 Finish all your monthly goals!	<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>						
	<input type="checkbox"/>						

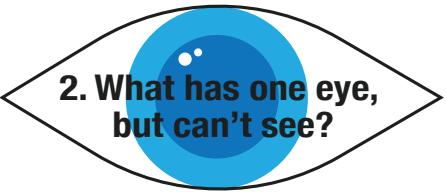
The month is full of tips to help you live the monthly motto (MM) But feel free to scratch them out and create your own! Colour in the water bottles as you drink water throughout the day (4 bottles = 8 glasses). Did you do any physical activity? Check off the active box.

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

**ANSWERS: ACROSS:** 1. Yoda 5. Claw 9. Root 12. Earth 13. Dutch 14. Apricot 15. Stimulante 17. Metal 18. Gomibusibile 20. Pilule 23. Alli 24. Turnure 29. Yea 30. Erase 31. Sty 34. Adages 35. Tee 36. Scarf 39. Eject 41. Commuter 46. Ho 47. Deanslist 50. Rain 51. Gist 52. Ease 53. Eng 54. Ellis 55. Seed Down 1. Yes 2. Out 3. Dribble 4. Allot 5. Combs 6. Luau 7. Acids 8. White 9. Rambo 10. Qubits 11. Tees 15. Emodite 19. Ile 20. Fly 21. Lie 25. Era 26. Nag 27. Use 28. Resets 31. Stimile 32. Tic 33. Yeti 34. Am 36. Score 37. Column 38. Among 40. Roles 42. Edge 43. Neii 44. Task 45. Ants 48. SSE 49. Ted

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

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3. What gets **wet** while **drying**?

5. How do you turn

# 188

into 200 with one line?

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

	01 Write out your monthly goals.	02 Get outside for some fresh air.	03 Take some time to reflect today.	04 Trouble drinking water? Take a sip every time you check your phone.	05 Fish Friday!	06 Book a dentist appointment.
07 Unplug and reset. Can you go a day without your devices?	08 Try a new fruit for the new week. <i>Commonwealth Day</i>	09 Repeat the monthly motto 5 times.	10 Have you checked your computer security programs?	11 Try a comforting bowl of soup.	12 Write down special events you need to remember.	13 Check out a local shop you have never been to.
14 Meal prep for the week. <i>Daylight Savings Time</i>	15 Take the stairs today.	16 Send a positive note to someone today.	17 Wear all green for St. Patrick's day. <i>St. Patrick's Day</i>	18 Check your work station for proper ergonomics.	19 Have you completed a monthly goal yet?	20 Take a deep breathe to let go of any negativity.
21 Try an old family recipe.	22 Try adding some fruit to your water. <i>World Water Day</i>	23 Exercise at anytime, like bicep curls in the coffee line.	24 Follow someone who inspires you.	25 Regularly sanitize your phone.	26 Reflect on one highlight from the week!	27 Look through photos. Remember the good.
28 Evaluate your sleeping habits. Are you getting enough sleep?	29 Finish all your monthly goals!	30 Eat protein at each meal.	31 Do something fun to de-stress.	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.		

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

Answers: 1. Are you asleep yet? 2. A needle. 3. A towel. 4. Seven. 5. ~~488~~ 6. An egg. 7. David.

MM

YOUR MONTHLY MOTTO:

"Find the positive"

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.



## WELLNESS CALENDAR

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## YOUR MONTHLY MOTTO:

“Be stronger, than your strongest excuse”



## 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

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A partially filled 9x9 Sudoku grid. The visible numbers are:

		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.

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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>04</b> Switch to non-toxic household cleaning products. <i>Easter Sunday</i>	 <b>05</b> Start your day with a hearty breakfast. <i>Easter Monday</i>	 <b>06</b> Only take the stairs today. <i>(If applicable)</i>	 <b>07</b> Did you floss today?	 <b>08</b> Make sure to get enough sleep, by going to bed early.	 <b>09</b> Get at least 30 minutes of sun today. <i>Vimy Ridge Day</i>	 <b>10</b> Buy some flowers to brighten your day.
       	       	       	       	  		
 <b>11</b> Focus on all the ways it can go right instead of wrong. <i>National Pet Day</i>	 <b>12</b> Have you finished a goal yet?	 <b>13</b> Take pride in your achievements.	 <b>14</b> Eat the rainbow. With every meal include a colour of the rainbow.	 <b>15</b> Make sure to take deep breaths.	 <b>16</b> Appreciate all the things your body does for you.	 <b>17</b> Check your inner monologue and replace and negativity.
       	       	       	       	  		
 <b>18</b> Meal prep for the week ahead.	 <b>19</b> Talk a long walk. You can never go wrong with fresh air and exercise.	 <b>20</b> Be present.	 <b>21</b> Repeat the monthly motto 5 times.	 <b>22</b> Eat a fatty fish such as salmon.	 <b>23</b> Finish a monthly goal.	 <b>24</b> When is the last time you had a vitamin?
       	       	       	       	  		
 <b>25</b> Use plenty of herbs and spices. The health benefits are powerful.	 <b>26</b> Avoid diets. Focus on nourishing your body instead of depriving it.	 <b>27</b> Reach out to others.	 <b>28</b> Finish all your monthly goals!	 <b>29</b> Focus on all your senses.	 <b>30</b> Find a new skill you want to learn. <i>(Ex. Playing piano)</i>	
       	       	       	       	  		

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

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

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## YOUR MONTHLY MOTTO:

“Better health through better living”



## My Monthly Goals:

Prescriptions  
Financial  
Spiritual  
Church  
Eating Healthy  
Physical  
Therapy  
Yoga  
Responsibility  
Wellness  
No Smoking  
Reliable  
Exercise  
Hydrate  
Coping  
Walking  
Swimming  
Stress  
Hygiene  
Biking  
Activities  
Laugh  
Give Back  
Social  
Savings  
Balance  
Volunteer  
Mental  
Goals  
Debt Free  
Intellectual  
Pray  
Emotional  
Occupational

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 **Strive for 150 minutes of exercise per week!** This is according to the Canada Movement Guidelines.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Allow your mind to get some rest after a long day at work with this month's word search activity seen at the top of the page. Each month will have a new activity for you to enjoy.</b>						01 Write your monthly goals.
Want to be featured in our newsletter, share your completed activity with us on social media, or email it in to <a href="mailto:communications@systems24-7.com">communications@systems24-7.com</a>						National Play Outside Day
02 Try to get some morning outdoor exercises done.	03 Avoid negative talk.	04 Relax your mind, do some meditation.	05 Avoid fast food today.	06 Stretch when you wake up.	07 Protect your eyes. Wear sunglasses outdoors.	08 Take time to enjoy an activity or hobby you like.
  	  		  	  	  	  
09 Have you finished a monthly goal yet? <i>Mother's Day</i>	10 Repeat the monthly motto 5 times.	11 Try waking up and going to bed at a regular hour everyday.	12 Don't be afraid to ask for help.	13 Join a Facebook group with others that share your interests.	14 Daydream! Close your eyes and imagine yourself in a peaceful place.	15 Have you been drinking enough water?
  	  	  	  	  	  	  
16 Embrace who you are. We are all different and that is OKAY!	17 Try to 'be' in the moment. (ex. <i>Feel the sun on your skin, notice the air you breathe</i> )	18 Send a positive message to someone.	19 Finish a monthly goal.	20 Appreciate what we often take for granted. (ex. <i>Running water, electricity</i> )	21 Watch a new movie genre.	22 Take a camping trip.
  	  	  	  	  	  	  
23 Have a BBQ.	24 <i>Victoria Day</i>	25 Leg day! Start your squats.	26 Try a fruit that is your favourite colour.	27 Get some sunlight everyday.	28 Delivery Day! Order Out!	29 Avoid caffeine today.
  	  	  	  	  	  	  
30 Finish all your monthly goals!	31 <i>National Smile Day</i>	<b>The month is full of tips to help you live the monthly motto (  ). 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>				
  	  					



# WELLNESS CALENDAR

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MM

YOUR MONTHLY MOTTO:

“Feel Well. Be Well”

Wellness

My Monthly Goals:

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

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

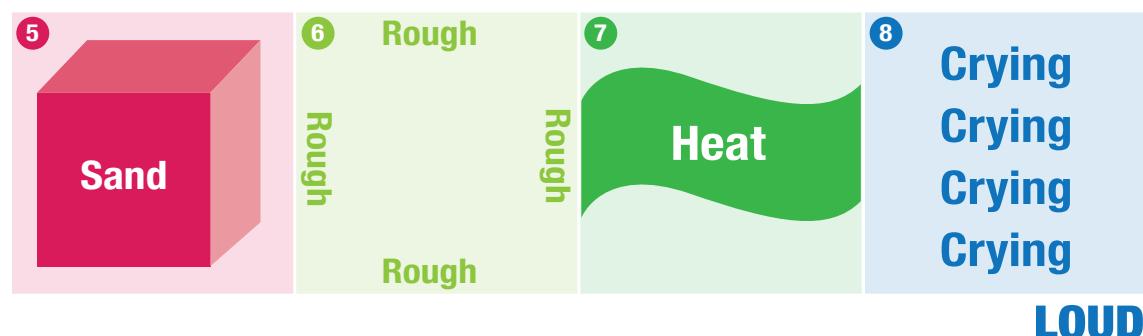
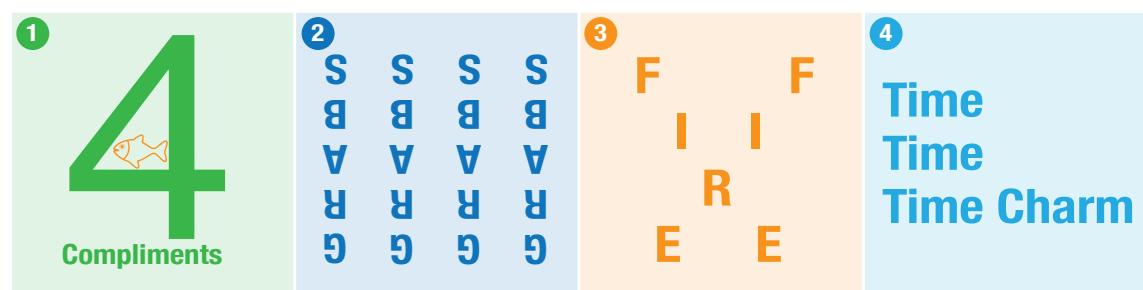


# WELLNESS CALENDAR

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

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		01 Write out your monthly goals.	02 Take a scenic running trail. <small>National Running Day</small>	03 Try a new recipe for dinner tonight.	04 It's Friday! Smile!	05 Sometimes all it takes is a new outfit to feel great. Go buy yourself something new. <small>Canada Day</small>
06 Make sure to have sunscreen on when out in the sun.	07 Get yourself some flowers. Sweet fragrances are soothing. <small>Father's Day</small>	08 Take a 5 minute stretch break.	09 Add lemon in your water to help boost your energy.	10 Create an uplifting playlist.	11 You've worked hard this week, enjoy a nice treat.	12 Turn off that alarm clock and get the extra sleep you need. <small>National Go Fishing Day</small>
13 Eat a healthy breakfast.	14 Walk a Monday mile.	15 Wear your favourite colour today.	16 Eat your water. (Ex. Watermelon, Celery, Cucumber, Ice-burg Lettuce)	17 When was the last time you organized your workspace?	18 Celebrate your successes.	19 Have you finished a monthly goal yet?
20 Play a game you loved as a kid. <small>National Indigenous Peoples Day</small>	21 Repeat the monthly motto 3 times.	22 Give someone a nice compliment.	23 Dance like nobody is watching. <small>National Hydration Day</small>	24 Breathe.	25 You've worked hard, treat yourself to something sweet.	26 Say "NO" when you need to. It's OK.
27 Cook a meal from scratch.	28 Meatless Monday. Try Walnuts, rich in protein and a great meat substitute.	29 Finish all your monthly goals.	30 Be proud of who you are.	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.		

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

7. Heat wave. 8. For crying out loud.

Answers: 1. Fishing for compliments. 2. Up for grabs. 3. Cross fire. 4. Third times the charm. 5. Sand box. 6. Rough around the edges.

8.

# Canada Checklist

Check off how many things you have seen, been to or done. Each is one point, add up your total at the end.

- BEEN TO THE CAPILANO SUSPENSION BRIDGE
- DRANK A BLOODY CAESAR
- BEEN TO THE BUTCHART GARDENS
- SEEN A MOOSE
- SEEN THE NIAGARA FALLS
- BEEN TO THE RIPLEY'S AQUARIUM OF CANADA
- SEEN THE NORTHERN LIGHTS
- BEEN TO THE TORONTO EATON CENTRE
- BEEN TO THE ART GALLERY OF ONTARIO
- GONE TO A HOCKEY GAME
- BEEN TO THE ROYAL ONTARIO MUSEUM
- BEEN TO CANADA'S WONDERLAND
- GONE WHALE WATCHING
- BEEN TO THE CN TOWER

- BARBECUED IN THE WINTER/SNOW
- GONE TO THE EXHIBITION (CNE)
- BEEN TO A BLUE JAYS GAME
- ENDED A SENTENCE WITH "EH!"
- SLEPT IN A TENT
- SEEN THE ATLANTIC
- PLAYED HOCKEY ON A FROZEN POND
- BEEN TO THE CALGARY STAMPEDE
- EATEN A BEAVERTAIL
- SEEN A CANADA GOOSE
- TASTED REAL MAPLE SYRUP
- PADDLED A CANOE/KAYAK
- SEEN THE ROCKIES
- BEEN TO OTTAWA
- DID A ROAD TRIP THROUGH CANADA
- BEEN TO VANCOUVER ISLAND

- BEEN TO STANLEY PARK
- BEEN TO NOVA SCOTIA
- BEEN TO OLD QUEBEC
- HAD TIM HORTONS
- BEEN TO WHISTLER
- GONE SKIING/SNOW BOARDING
- SEEN THE BAY OF FUNDY
- SUNG THE ANTHEM IN ENGLISH
- AND FRENCH
- GONE SNOW SHOEING
- SEEN A BEAR
- BEEN ICE FISHING
- VISITED A NATIONAL PARK
- SAID "SORRY" FOR NO REASON
- EATEN A POUTINE

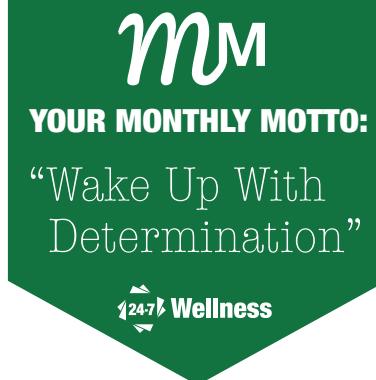
TOTAL: \_\_\_\_\_

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><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></p>						
04 Unplug. Try to go the whole day without checking your devices. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	05 Start your day off with a hearty breakfast. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	06 Express gratitude, tell someone you are thankful for them. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	07 Support a local ice cream shop. <i>National Strawberry Sundae Day</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	01 Celebrate Canada. Safety first when using fireworks. <i>Canada Day</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	02 Write out your monthly goals. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	03 Try barbecuing some zucchini and eggplant. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
08 Have you finished a goal yet? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	09 Plan your snacks wisely. Nuts and fruits can be prepared in advanced. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Exercise in the pool today. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	11 Help a friend with their wellness journey and share some tips you've learned. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	12 Start a new hobby. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	13 Remember we all make mistakes. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	14 Journal. Write it out to clear your mind. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
15 Draw something. It can increase your creativity while relieving stress. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	16 Keep track of your spending and see what costs you can cut down on. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	17 Enjoy some car karaoke. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	18 Check expire dates on condiments in your fridge. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	19 Laugh. Big belly laughs. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	20 Stop comparing your life to others. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	21 Get ready everyday. Look good, feel good. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
22 Enjoy the little things. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	23 Create positive change. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	24 Pay for someone in the line behind you. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	25 Walk around the block and enjoy all the pretty flowers. <i>National Parent's Day</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	26 Instead of three big meals. Eat more mini meals throughout the day. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	27 There are teas to help with anything. Find which will work best for you. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	28 Remove distractions. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
29 Finish your monthly goals. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30 Watch the sunset. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	31 Get it done early to have the rest of your day free. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>				

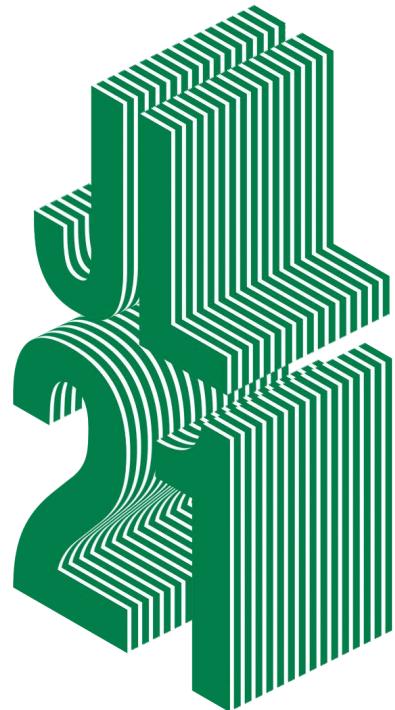
1st Quarter    Full Moon    3rd Quarter    New Moon



## My Monthly Goals:

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

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



## WELLNESS CALENDAR

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# MM

## YOUR MONTHLY MOTTO:

"Always see the glass as half full."

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.

5

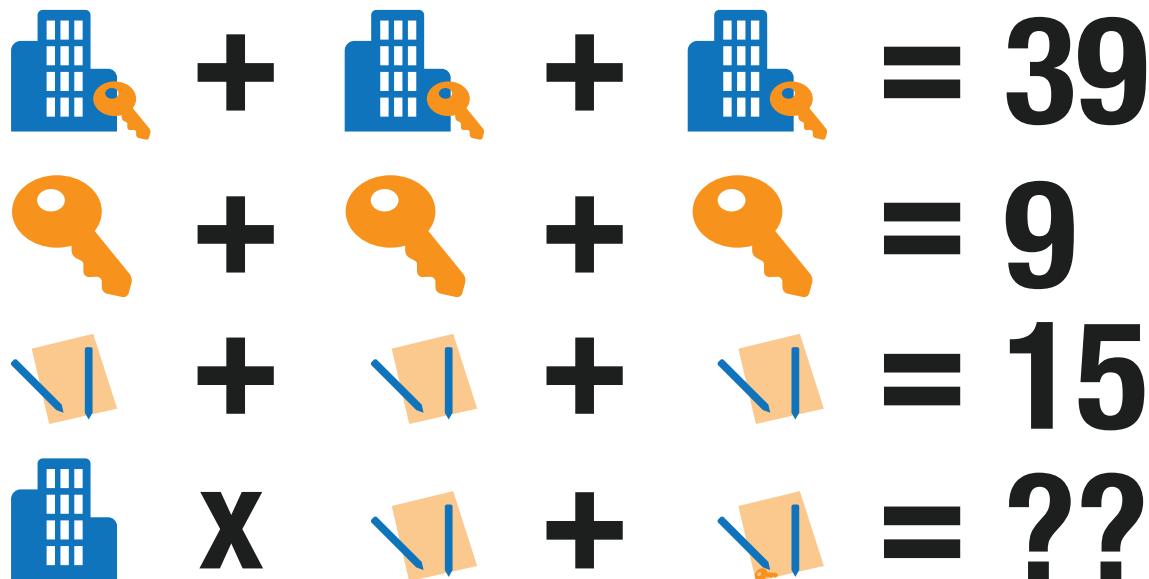


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**@** Instagram@Dunk247



## CAN YOU SOLVE THIS EQUATION?

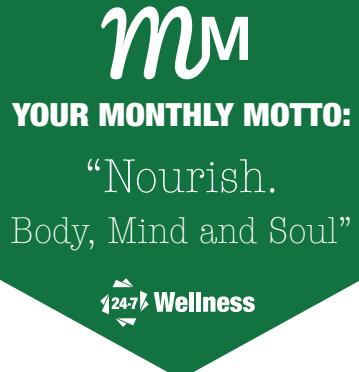
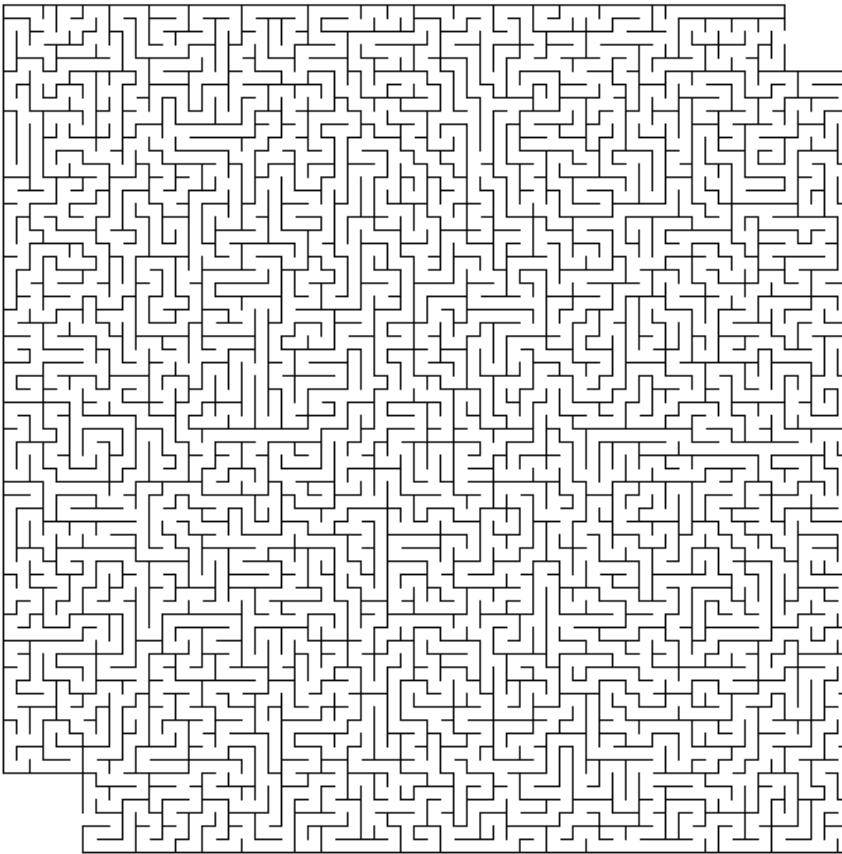


Answer: \_\_\_\_\_

Allow your mind to get some rest after a long day at work with this month's math riddle activity seen here. 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 Reconnect with an old friend. <i>National Friendship Day</i> 	02 Try a fun outdoor game to play. (Ex. Cornhole or ladder golf) <i>Civic Holiday</i> 	03 Write down your monthly goals. 	04 Drive with the windows down and smell the fresh air. 	05 Go for a bike ride. Don't have one? Find a rent a bike to try. 	06 Everyone loves fresh fruits and vegetables. So why not plant your own garden? 	07 Try doing 10 jumping jacks 3 times throughout the day. 
● 08 Join/create a community Facebook group. 	09 Tried of sitting? Set an alarm on your phone to get up every hour and move around. 	10 Try to have all the colours of the rainbow on your plate. 	11 Give yourself a pat on the back for all your hard work. 	12 Have you completed a goal yet? 	13 Focus on the positive. 	14 Lend a hand or call to check in with friends and family. 
● 15 Be thankful for what you have; you'll end up having more. 	16 Tell your favourite joke. <i>National Tell a Joke Day</i> 	17 Treat yourself to your favourite restaurant. Even if it's takeout. 	18 Remember, positive thoughts generate positive feelings. 	19 Re-watch your favourite movie. 	20 Finish a monthly goal. 	21 Stop eating 2 hours before bed for a better night's sleep. 
○ 22 Plan your meals for the week. It will help you more than you think. 	23 Reminder to book that dentist appointment you are putting off. 	24 Do some calf raises while making dinner or doing the dishes. 	25 Tidy up your workspace. 	26 Finish all your monthly goals. 	27 Cut caffeine, that includes sodas, chocolates and other sources all day. 	28 Take a short nap. 
29 Go to bed early. Get a good full night sleep for Monday. 	● 30 S'mores day, share your favourite s'mores combo. <i>National Toasted Marshmallow Day</i> 	31 Stretch when you wake up. 	<p>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.</p>			



### My Monthly Goals:

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

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

5 Canada Movement Guidelines.

**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.**

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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>	<b>04</b> Light a candle with your favourite scent. (Remember safety first)
<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. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>08</b> Get a houseplant. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>09</b> Accomplish the first task of the day and make your bed. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<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. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>13</b> Improve your sleep by keeping your phone outside the bedroom at night. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>14</b> Have you finished a goal yet? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>15</b> Learn one new thing today. <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. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<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. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>20</b> Take 10 minutes to breathe deeply. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>21</b> Play a board game. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>22</b> Look through old photos and enjoy all the memories. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>23</b> Finish a monthly goal. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>24</b> Listen to a new podcast or audio book. <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. <i>National Tune-Up Day</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<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. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		



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MM

YOUR MONTHLY MOTTO:

“Just Breathe”

24/7 Wellness

My Monthly Goals:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 Strive for 150 minutes of exercise per week! This is according to the Canada Movement Guidelines.



CREATE YOUR OWN VAMPIRE

Draw the face and colour.



# WELLNESS CALENDAR

**f** Facebook@Systems247

**in** LinkedIn@Systems 24-7

**@** Instagram@Dunk247



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>01</b> Allow your mind to get some rest after a long day at work with this month's Halloween activity seen here. Each month will have a new activity for you to enjoy.	<b>02</b> National Body Language Day Improve your body language.					
03 Try foods from different cultures.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	04 Wake up early to see the sunrise.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	05 Try using coconut oil instead of butter for a healthy alternative.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	06 ● Drink water when you get up to help activate your internal organs.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	07 Do some fall decorating.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	08 Do Yoga to improve balance, flexibility, strength and tranquility.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	09 Write your monthly goals.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
10 Get rid of negative relationships.  <i>World Mental Health Day</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	11 ● Relax and enjoy the holiday.  <i>Thanksgiving Day</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	12 Dispose of any expired medications at an approved collection site.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	13 Cancel subscriptions you aren't using anymore.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	14 Avoid drinking sugary drinks today.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	15 Get a massage.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	16 Take a hike to see all the changing leaves of fall.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
17 Get creative and do a craft.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	18 Finish a monthly goal.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	19 Stop taking on other people's problems.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	20 ● Go through your closet and donate any winter clothes you aren't going to wear this year.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	21 Repeat the monthly motto 3 times.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	22 Spend time with your pets.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	23 Smile at a stranger, it could help change their day.  <i>National Make a Difference Day</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
24 Video chat with friends and family.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	25 Meatless Monday. Try Walnuts, rich in protein and a great meat substitute.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	26 Re-shift your focus to enjoyable things in life.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	27 Rediscover an old hobby.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	28 ● Drink water 30 minutes before a meal to help digestion.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	29 Get at least 30 minutes of cardio.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30 Finish your monthly goals.  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
31 Try making your Halloween costume.  <i>Halloween</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p><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></p>					

# Wellness Word Scramble

ISETFSN \_\_\_\_\_  
 SLCIPHYA IATCVYIT \_\_\_\_\_  
 IARXANTOLE \_\_\_\_\_  
 EHLHTA \_\_\_\_\_  
 KANGLWI \_\_\_\_\_  
 SLWESELN \_\_\_\_\_  
 EAHHYLT NIGETA \_\_\_\_\_  
 OMAITNDEI \_\_\_\_\_  
 OTAG \_\_\_\_\_  
 XESIRCEE \_\_\_\_\_

RUOTIITNN \_\_\_\_\_  
 ETTRGHSN \_\_\_\_\_  
 ELSPE \_\_\_\_\_  
 ITILIELBFYX \_\_\_\_\_  
 VMTIANIOT \_\_\_\_\_  
 SLGAO \_\_\_\_\_  
 EAHLTH \_\_\_\_\_  
 TLMNEA NEWLSELS \_\_\_\_\_  
 RTHBAEE \_\_\_\_\_  
 VLIE LEWL \_\_\_\_\_

Allow your mind to get some rest after a long day at work with this month's word scramble 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
	01 Write out your monthly goals. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	02 Don't make cleaning leaves a chore. Play in them like when you were a child. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	03 Book an appointment to get your winter tires on. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	04 ● Make some homemade soup. Freeze extra for a chilly day. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	05 Who doesn't love a doughnut day? Treat yourself. <i>National Doughnut Day</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	06 Eat 5 servings of fruit and vegetables. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
07 Take advantage of the nice weather and get outside. <i>National Play Outside Day</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	08 Check in on a neighbour to see how they are doing. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	09 Have you completed a goal yet? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 Give yourself a compliment. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	11 ● Give yourself a break today. Mentally, physically and/or emotionally. <i>Remembrance Day</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	12 You are doing a great job. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <i>World Kindness Day</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	13 Do a random act of kindness today. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
14 Who are your role models and what qualities do you share with them? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	15 Make a spending budget. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	16 Add 1000 extra steps in today. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	17 Find a new hiking trail. (Weather permitting) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	18 ● Get a goal setting buddy. Help each other accomplish your goals. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	19 Take time and listen. Sometimes that's all someone needs. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	20 Set an alarm every hour to drink water. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
21 Stock up on healthy snacks. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	22 Try a new warm beverage to enjoy this winter. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	23 During commercial breaks do some jumping jacks. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	24 Find a new book to read. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	25 Put on music instead of the TV. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	26 Take a selfie and say one thing you love about it. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	27 ● Donate something you've never used. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
28 Visit a local small business. <i>Small Business Saturday</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	29 Finish your monthly goals. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30 Park the furthest away from your destination. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p><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></p>			

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

**Answers: Left:** Fitness, Strength, Sleep, Flexibility, Motivation, Goals, Health, Mental Wellness, Breathing, Live Well  
**Right:** Nutrition, Strength, Sleep, Flexibility, Motivation, Goals, Health, Mental Wellness, Breathing, Live Well

MM

YOUR MONTHLY MOTTO:

"Wake Up With Determination. Go To Bed With Satisfaction"

1247 Wellness

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](#)

**ig** [Instagram@Dunk247](#)

 SYSTEMS24-7

MM

## YOUR MONTHLY MOTTO:

"You Don't Have To  
Wait To Be Confident"

24/7 Wellness

### My Monthly Goals:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 Strive for 150 minutes of exercise per week! This is according to the Canada Movement Guidelines.



# WELLNESS CALENDAR

**f** Facebook@Systems247

**in** LinkedIn@Systems 24-7

**@** Instagram@Dunk247



## Happy Holidays and a Happy New Year

Allow your mind to get some rest after a long day at work with this month's colouring activity seen here. 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> Donate some canned goods or winter coats to a shelter. <i>National Day of Giving</i> <input type="checkbox"/> <input type="checkbox"/> MM  	<b>02</b> Write your monthly goals. <input type="checkbox"/> <input type="checkbox"/> MM  	<b>03</b> It's never to late or too early to build a healthier you. <input type="checkbox"/> <input type="checkbox"/> MM  	<b>04</b> Go ice skating. <input type="checkbox"/> <input type="checkbox"/> MM  
<b>05</b> The holiday season is always a rush. Remember to slow down. <input type="checkbox"/> <input type="checkbox"/> MM  	<b>06</b> Practice portion control. <input type="checkbox"/> <input type="checkbox"/> MM  	<b>07</b> Take quiet time for yourself. <input type="checkbox"/> <input type="checkbox"/> MM  	<b>08</b> Take vitamins. Not sure what to take? Book an apt. with your Doctor to find out. <input type="checkbox"/> <input type="checkbox"/> MM  	<b>09</b> Have you completed a goal yet? <input type="checkbox"/> <input type="checkbox"/> MM  	<b>10</b> Change your furnace filter if you haven't already. <input type="checkbox"/> <input type="checkbox"/> MM  	<b>11</b> Build a snowman. <i>Anniversary of the Statute of Westminster</i> <input type="checkbox"/> <input type="checkbox"/> MM
<b>12</b> Treat yourself like you would treat others. <input type="checkbox"/> <input type="checkbox"/> MM  	<b>13</b> Live in the present. <input type="checkbox"/> <input type="checkbox"/> MM  	<b>14</b> Baked some holiday cookies. <input type="checkbox"/> <input type="checkbox"/> MM  	<b>15</b> Don't compare yourself. <input type="checkbox"/> <input type="checkbox"/> MM  	<b>16</b> Need some stress relief? Try adding Strawberry, Pineapple and Basil to your water. <i>National Maple Syrup Day</i> <input type="checkbox"/> <input type="checkbox"/> MM  	<b>17</b> Treat yourself to your favourite maple syrup treat. <i>National Maple Syrup Day</i> <input type="checkbox"/> <input type="checkbox"/> MM  	<b>18</b> Put on your favourite ugly holiday sweater. <i>National Ugly Christmas Sweater Day</i> <input type="checkbox"/> <input type="checkbox"/> MM
<b>19</b> Pack protein snacks for those busy days. <input type="checkbox"/> <input type="checkbox"/> MM  	<b>20</b> Go on a winter wonder walk. <input type="checkbox"/> <input type="checkbox"/> MM  	<b>21</b> Go sledding. <input type="checkbox"/> <input type="checkbox"/> MM  	<b>22</b> Take a deep breath. <input type="checkbox"/> <input type="checkbox"/> MM  	<b>23</b> Be kind to yourself. <i>Christmas Eve</i> <input type="checkbox"/> <input type="checkbox"/> MM  	<b>24</b> Make a holiday stove-top popery. (Remember safety first) <i>Christmas Eve</i> <input type="checkbox"/> <input type="checkbox"/> MM  	<b>25</b> Practice gratitude. <i>Christmas Day</i> <input type="checkbox"/> <input type="checkbox"/> MM
<b>26</b> It's okay to sleep in if you want to. <i>Boxing Day</i> <input type="checkbox"/> <input type="checkbox"/> MM  	<b>27</b> A calm mind brings inner strength and self-confidence. <input type="checkbox"/> <input type="checkbox"/> MM  	<b>28</b> Don't use electronics 1 hour before bed. <input type="checkbox"/> <input type="checkbox"/> MM  	<b>29</b> Like our monthly activity? Try getting an adult colouring book. <input type="checkbox"/> <input type="checkbox"/> MM  	<b>30</b> Finish all your monthly goals. <input type="checkbox"/> <input type="checkbox"/> MM  	<b>31</b> You worked hard this year. Celebrate a job well done. <i>New Year's Eve</i> <input type="checkbox"/> <input type="checkbox"/> MM  	