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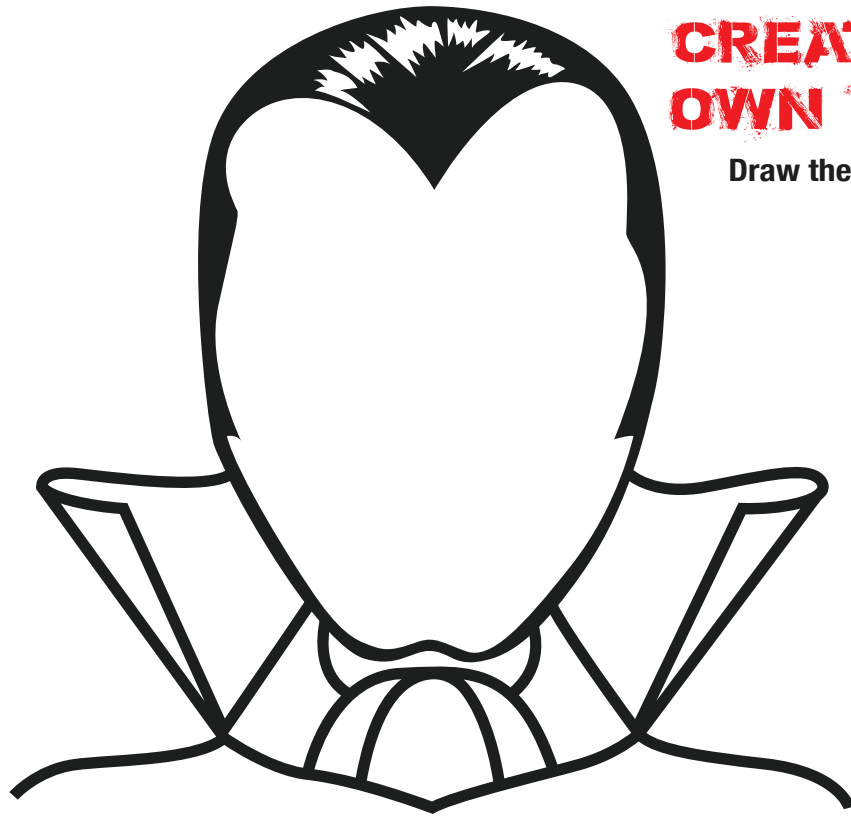
YOUR MONTHLY MOTTO:

"Just Breathe"

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 _____



CREATE YOUR OWN VAMPIRE

Draw the face and colour.



WELLNESS CALENDAR

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



www.systems24-7.com

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