



YOUR MONTHLY MOTTO:

"Be stronger, than your strongest excuse"



My Monthly Goals:

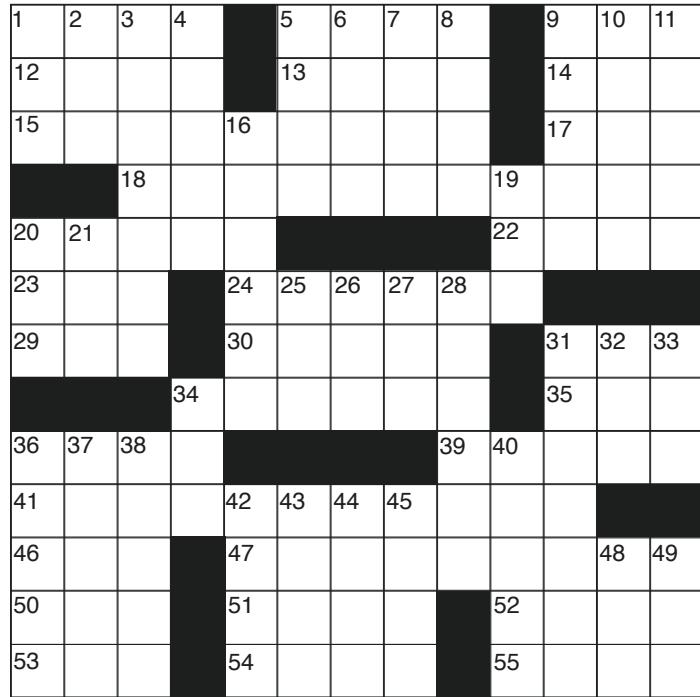
- 1 _____
- 2 _____
- 3 _____
- 4 _____

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



WELLNESS CALENDAR

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



Puzzle from 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

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
26. Positive vote	55. Kernel
27. 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.  	
	07	08	09 Challenge yourself. Caffeine free Monday.  	10 Taco Tuesday, share your favourite taco combination.  	11 Take a deep breathe every hour today.  	12 Have fruit with every meal today.  	
	14	15	16 Write out your four monthly goals. <i>Valentine's Day</i>  	17 Drop off canned food at a shelter. <i>Family Day</i>  	18 Self love, write 3 things you love about yourself. <i>Ash Wednesday</i>  	19 Have you finished a goal yet?  	
	21	22	23 Try some squats today.  	24 Repeat the monthly motto 5 times.  	25 Drop off canned food at a shelter.  	26 Smile today.  	
	28	Finish all your monthly goals!  	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