

# mm

## YOUR MONTHLY MOTTO:

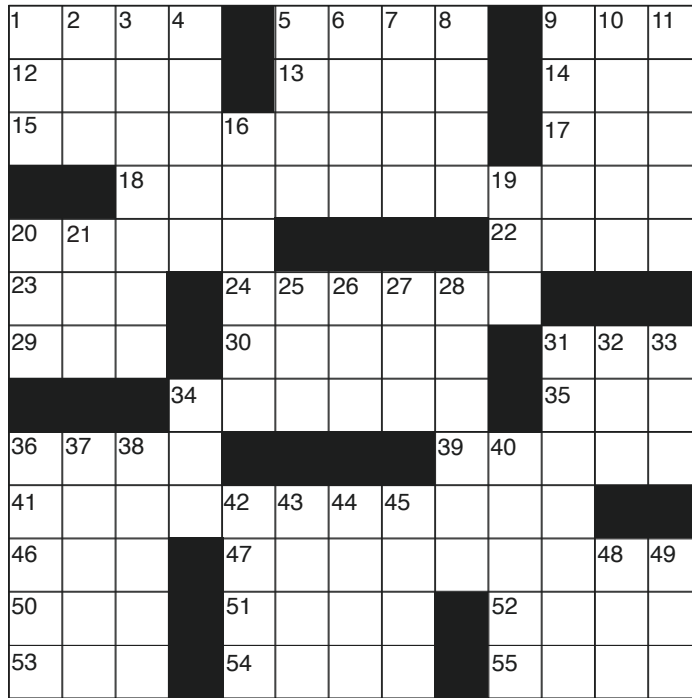
"Be stronger, than your strongest excuse"



## My Monthly Goals:

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

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



Puzzle from boatloadpuzzles.com

### Down:

- |                     |                     |                        |                   |                          |                            |
|---------------------|---------------------|------------------------|-------------------|--------------------------|----------------------------|
| 1. Sure!            | 7. Play divisions   | 19. Rage               | 28. Adjusts again | 37. TV Host ____ O'Brien | 45. Picnic intruders       |
| 2. Certain grain    | 8. Sharpen          | 20. Income             | 31. Antiseptic    | 38. Amid                 | 48. Wind direction (abbr.) |
| 3. Famous vampire   | 9. Stallone role    | 21. Recline            | 32. ____ -tac-toe | 40. Portrayals           | 49. Koppel or Williams     |
| 4. Parcel out       | 10. October gems    | 25. Gay Nineties, e.g. | 33. Thus far      | 42. Cliff's brink        |                            |
| 5. Grooming aid     | 11. Forest growths  | 26. Pester incessantly | 34. Sleeve filler | 43. Rocker ____ Young    |                            |
| 6. Hawaiian cookout | 16. Showed feelings | 27. Exploit            | 36. Make points   | 44. Assigned job         |                            |

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                 |                              |



# WELLNESS CALENDAR

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



[www.systems24-7.com](http://www.systems24-7.com)

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

31. Sly 34. Adages 35. Tie 36. Scar 39. Erect 41. Commentator 46. Ono 47. Deanist 50. Ran 51. Gist 52. Eke 53. Eng 54. Eke 55. Seed  
 3. Dracula 4. Allot 5. Comb 6. Luan 7. Acts 8. Whet 9. Rambo 10. Opals 11. Trees 16. Emoted 19. Ire 20. Pay 21. Lie 25. Era 26. Nag 27. Use 28. Resists  
 31. Stenle 32. Tie 33. Yet 34. Arm 35. Score 37. Cornan 38. Among 40. Roles 42. Edge 43. Nell 44. Task 45. Ants 48. SSE 49. Ted