

**mm**

**YOUR MONTHLY MOTTO:**

“Nourish.  
Body, Mind and Soul”

**24-7 Wellness**

### My Monthly Goals:

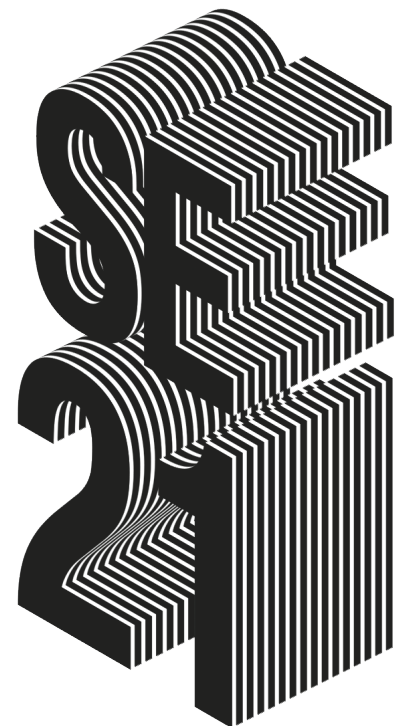
- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 **Strive for 150 minutes of exercise per week!** This is according to the Canada Movement Guidelines.

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.

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> Write out your monthly goals.  <input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>02</b> Doodle.  <input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>03</b> Donate/volunteer at your local food bank. <i>National Food Bank Day</i> <input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>04</b> Light a candle with your favourite sent. (Remember safety first)  <input type="checkbox"/> <input checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>05</b> Save time in the morning and plan your outfit before bed.  <input type="checkbox"/> <input checked="" type="checkbox"/> mm <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 checked="" type="checkbox"/> mm <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 checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>08</b> Get a houseplant.  <input type="checkbox"/> <input checked="" type="checkbox"/> mm <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 checked="" type="checkbox"/> mm <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 checked="" type="checkbox"/> mm <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 checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>12</b> Face on of your fears.  <input type="checkbox"/> <input checked="" type="checkbox"/> mm <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 checked="" type="checkbox"/> mm <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 checked="" type="checkbox"/> mm <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 checked="" type="checkbox"/> mm <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 checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>17</b> Start an emergency fund.  <input type="checkbox"/> <input checked="" type="checkbox"/> mm <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 checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>19</b> Visit a local shop.  <input type="checkbox"/> <input checked="" type="checkbox"/> mm <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 checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>21</b> Play a board game.  <input type="checkbox"/> <input checked="" type="checkbox"/> mm <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 checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>23</b> Finish a monthly goal.  <input type="checkbox"/> <input checked="" type="checkbox"/> mm <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 checked="" type="checkbox"/> mm <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 checked="" type="checkbox"/> mm <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 checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>27</b> Make some quiet time.  <input type="checkbox"/> <input checked="" type="checkbox"/> mm <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 checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>29</b> Finish your monthly goals.  <input type="checkbox"/> <input checked="" type="checkbox"/> mm <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 checked="" type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		

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



# WELLNESS CALENDAR

**f** Facebook@Systems247  
**in** LinkedIn@Systems 24-7  
**@** Instagram@Dunk247



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