

24-7

Wellness

January 2019

Use this calendar to follow along with daily goals and weekly wellness challenges! Check off when you have met a daily goal or weekly challenge. Be sure to tag us on instagram or facebook using #dunkwellness2019 or even send us an email showing that you have completed the challenge for the day!

f

facebook.com/Systems247

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WELLNESS

ONE DAY

AT A TIME

Presented by Systems 24-7

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<div>1</div> <div>Today is <b>GRATEFUL DAY</b>. With a new year ahead of us, take a moment today and think of something you're grateful to have in your life.</div> <div><div></div>Goal Achieved!</div>	<div>2</div> <div><b>PHONE</b> a friend. Can you remember the last time you phoned (not texted!) a friend or family member just to catch up?</div> <div><div></div>Challenge Completed!<div>Share with us<div>f in @</div></div></div>	<div>3</div> <div><b>SHARE</b> your personal goals for the new year. You might find someone with similar goals and you can work together to achieve them.</div> <div><div></div>Goal Achieved!</div>	<div>4</div> <div>TGIF! Thank goodness it's Friday! Put on your <b>COMFIEST</b> clothes as soon as you get home and relax!</div> <div><div></div>Goal Achieved!</div>	<div>5</div> <div>With your first week of the new year complete, take some time to relax this weekend and <b>READ</b> a book.</div> <div><div></div>Goal Achieved!</div>
<div>6</div> <div><b>MEAL PREP</b> - With your first full week of work ahead of you, take some time today and plan out your meals for the week.</div> <div><div></div>Goal Achieved!</div>	<div>7</div> <div>Discover a new <b>SONG</b> to listen to on your way to and from work, or even during the workday.</div> <div><div></div>Goal Achieved!</div>	<div>8</div> <div>It's easy to get caught up in life but <b>DON'T NEGLECT</b> your health. Make sure you have your annual medical appointments booked for the year: physical, dental, eyes, etc.</div> <div><div></div>Goal Achieved!</div>	<div>9</div> <div>Pick an <b>ACTIVITY</b> you haven't done since you were a kid and give it a try -board games, laser tag, skipping, etc.</div> <div><div></div>Challenge Completed!<div>Share with us<div>f in @</div></div></div>	<div>10</div> <div>Once every hour, take a minute to <b>STRETCH</b>. Stretching keeps your muscles flexible, strong and healthy.</div> <div><div></div>Goal Achieved!</div>	<div>11</div> <div>Try a <b>NEW RECIPE</b> today. It's time to head to the grocery store and grab the things you need for that recipe you found on Pinterest back in 2018.</div> <div><div></div>Goal Achieved!</div>	<div>12</div> <div><b>DANCE</b> like no one's watching. Release the pent-up anger you have from the week, the extra energy you've been bottling up, or the wiggles that you just need to let out and dance!</div> <div><div></div>Goal Achieved!</div>
<div>13</div> <div>Go to <b>BED</b> an extra hour early tonight.</div> <div><div></div>Goal Achieved!</div>	<div>14</div> <div><b>SHARE A SMILE</b>. See someone having a bad day? Send them a smile.</div> <div><div></div>Goal Achieved!</div>	<div>15</div> <div><b>CHALLENGE YOUR BRAIN</b> today. Try a crossword puzzle or a sudoku. They can be found in every newspaper.</div> <div><div></div>Goal Achieved!</div>	<div>16</div> <div><b>REDUCE</b> your caffeine intake today. No coffee or tea after 1pm. Challenge yourself to slowly reduce your caffeine consumption, you'll thank us later!</div> <div><div></div>Challenge Completed!<div>Share with us<div>f in @</div></div></div>	<div>17</div> <div>It's time to <b>HYDRATE!</b> Drink 8 glasses of water today. Maybe add some lemon slices in for zest!</div> <div><div></div>Goal Achieved!</div>	<div>18</div> <div>Remember that song we would sing as kids <b>"THE MORE WE GET TOGETHER"</b>? Make some time today to see your friends or family. Because the more we get together, the happier we'll be!</div> <div><div></div>Goal Achieved!</div>	<div>19</div> <div>Today is <b>NATIONAL POPCORN DAY!</b> Kick back and watch your favorite movie while you indulge in a salty treat!</div> <div><div></div>Goal Achieved!</div>
<div>20</div> <div>Learn to be okay with being <b>ALONE</b>. Enjoy an hour of quiet time today with you!</div> <div><div></div>Goal Achieved!</div>	<div>21</div> <div>It may be tough for those carnivores out there but try to make today <b>MEATLESS MONDAY!</b> Salads are really tasty too! We promise!</div> <div><div></div>Goal Achieved!</div>	<div>22</div> <div>Today is <b>NATIONAL HUG DAY!</b> Hugs not only make us feel good, but they are proven to make us healthier and happier! So, give someone a big hug today!</div> <div><div></div>Goal Achieved!</div>	<div>23</div> <div>Today is <b>JUMP</b> day! Find a way to incorporate jumping into your exercise. Jumping jacks, skip rope, etc. Have you ever been to one of those trampoline parks!?</div> <div><div></div>Challenge Completed!<div>Share with us<div>f in @</div></div></div>	<div>24</div> <div><b>RED DAY</b> - have one red fruit or veggie at every meal today. An apple for breakfast? Some strawberries in your lunch salad? Maybe some tomato slices on your hamburger?</div> <div><div></div>Goal Achieved!</div>	<div>25</div> <div>Share the laughter. <b>TELL A JOKE TODAY</b>. Keep it clean for the workplace though!</div> <div><div></div>Goal Achieved!</div>	<div>26</div> <div><b>ORGANIZE</b> your personal space - clean out your car, fridge, or junk drawer.</div> <div><div></div>Goal Achieved!</div>
<div>27</div> <div>If you're <b>HAPPY</b> and you know it clap your hands! Today, think of 10 things that make you happy; 1 for each finger that you have.</div> <div><div></div>Goal Achieved!</div>	<div>28</div> <div>Strangers are just <b>FRIENDS YOU HAVEN'T MET YET</b>. Challenge yourself to engage in small talk today.</div> <div><div></div>Goal Achieved!</div>	<div>29</div> <div>Do some <b>SQUATS</b> today. Before you leave the house this morning, when you get home from work, and before you go to bed, see if you can do 10 squats.</div> <div><div></div>Goal Achieved!</div>	<div>30</div> <div>Lend a <b>HELPING HAND</b>. Be the extra hand today. Be the extra set of eyes on a project, help someone struggling on equipment at the gym, or carry someone's groceries for them.</div> <div><div></div>Challenge Completed!<div>Share with us<div>f in @</div></div></div>	<div>31</div> <div>Today is <b>BELL LET'S TALK DAY</b>. 1 in 5 Canadians will suffer from mental health at some point in their lifetime. If you suspect that someone you know may be suffering, take a moment and ask, 'How can I help?'</div> <div><div></div>Goal Achieved!</div>		