

# mm

**YOUR MONTHLY MOTTO:**

“Feel Well. Be Well”



**My Monthly Goals:**

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



## WELLNESS CALENDAR

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www.systems24-7.com

<b>1</b>  <b>Compliments</b>	<b>2</b> S S S S B B B B A A A A R R R R G G G G	<b>3</b> F F I I R E E	<b>4</b> <b>Time</b> <b>Time</b> <b>Time Charm</b>
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<b>5</b>  <b>Sand</b>	<b>6</b> <b>Rough</b> <b>Rough</b> <b>Rough</b>	<b>7</b>  <b>Heat</b>	<b>8</b> <b>Crying</b> <b>Crying</b> <b>Crying</b> <b>Crying</b> <b>LOUD</b>
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Allow your mind to get some rest after a long day at work with this month's brain teaser 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)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>01</b> Write out your monthly goals. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>02</b> Take a scenic running trail. <i>National Running Day</i> <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>03</b> Try a new recipe for dinner tonight. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>04</b> It's Friday! Smile! <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>05</b> Sometimes all it takes is a new outfit to feel great. Go buy yourself something new. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>06</b> Make sure to have sunscreen on when out in the sun. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>07</b> Get yourself some flowers. Sweet fragrances are soothing. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>08</b> Take a 5 minute stretch break. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>09</b> Add lemon in your water to help boost your energy. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>10</b> Create an uplifting playlist. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>11</b> You've worked hard this week, enjoy a nice treat. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>12</b> Turn off that alarm clock and get the extra sleep you need. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>13</b> Eat a healthy breakfast. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>14</b> Walk a Monday mile. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>15</b> Wear your favourite colour today. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>16</b> Eat your water. <i>(Ex. Watermelon, Celery, Cucumber, Ice-burg Lettuce)</i> <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>17</b> When was the last time you organized your workspace? <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>18</b> Celebrate your successes. <i>National Go Fishing Day</i> <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>19</b> Have you finished a monthly goal yet? <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>20</b> Play a game you loved as a kid. <i>Father's Day</i> <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>21</b> Repeat the monthly motto 3 times. <i>National Indigenous Peoples Day</i> <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>22</b> Give someone a nice compliment. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>23</b> Dance like nobody is watching. <i>National Hydration Day</i> <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>24</b> Breathe. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>25</b> You've worked hard, treat yourself to something sweet. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>26</b> Say "NO" when you need to. It's OK. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>27</b> Cook a meal from scratch. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>28</b> Meatless Monday. Try Walnuts, rich in protein and a great meat substitute. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>29</b> Finish all your monthly goals. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>30</b> Be proud of who you are. <input type="checkbox"/> ☞ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<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>		

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

Answers: 1. Fishing for compliments. 2. Up for grabs. 3. Cross fire. 4. Third times the charm. 5. Sand box. 6. Rough around the edges. 7. Heat wave. 8. For crying out loud.