

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Allow your mi month's color will have a ne	<b>01</b> Write down your four goals.	Pick up a project collecting dust.				
	tured in our new a, or email it in to	New Year's Day  □ ¾ □ m	_ <b>3</b> ° □ <b>m</b> w 0000			
Meal plan for the week.	<b>04</b> Start a new book.	Commit to let go of one thing bugging you.	Set a timeline on something that needs attention.	Prioritize your task list and cross off a couple easy ones.	Repeat the monthly motto at least 5 times.	Have you finished a goal yet?
_3.	_ <b>3</b> * □ <b>m</b> ખ 0000	_ <b>3</b> ° □ <b>m</b> ™ 0000	_ <b>*</b> □ <b>m</b> <sup>™</sup> 0000	_ <b>3</b> - <b>m</b> 0000	_ <b>3</b> - <b>m</b> 0000	_ <b>≯</b> □ <b>m</b> ™ (1000)
10	11	12	• 13	14	15	16
Clean out your fridge.	Re-organize a cluttered space.  National Human Trafficking Awareness	Phone a friend!	Re-watch a favourite film. National Clean Off Your Desk Day	Re-establish your boundaries.	Work on a monthly goal.	Re-focus negative thoughts to positive ones.
□3° □ m 0000	Day  → mm ()()()	<b>□</b> 3 □ m 0000	_ <b>3</b> □ <b>m</b>	_3°	_ <b>3</b> □ <b>m</b>	_ <b>&gt;</b> □ <b>m</b>
Cut out pop and drinks with caffeine.	Recognize your own bias work on it.	Smile at someone.	Take a bubble bath.	21 Finish a monthly goal!	Finish a chapter in the book you started.	Park in the furthest spot.
□ <b>*</b> □ <b>m</b> ™ 0000	_ <b>3</b> □ mu 0000	□3° □ mu 0000	_ <b>3</b> □ <b>m</b>	_ <b>3</b> ° □ m	_ <b>3</b> □ mu 0000	_ <b>≯</b> □ <b>m</b> ™ ()(()()
Clean out your email inbox.	Remind yourself of your talents.	Send a positive message to someone.	Reconnect with an old friend.	Finally take down your holiday decoroops.  Bell Let's Talk Day	Delivery Day! Order Out!	Allow yourself a day of doing nothing.
□3× □ mm 0000	□3* □ mu ()()()	□3° □ mu 0000	_ <b>≯</b> □ <b>m</b> <sup>™</sup> ()((())(()	_3 - m 0000	<b>□</b> ≯ □ m <sup>M</sup> ()()()	_ <b>≯</b> □ <b>m</b> ™ ()(()()
31 Finish all your	The	month is full o	of tips to help	ou live the mo	onthly motto (1	тм)



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Strive for 150 minutes of exercise
per week! This is according to the

	per week! This is according to the
a	Canada Movement Guidelines.



# **WELLNESS CALENDAR**

- Facebook@Systems247
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monthly goals!

□3 - m 0000

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.



strongest excuse"



### **My Monthly Goals:**

0	
2	

Strive for 150 minutes of exercise per week! This is according to the

Canada Movement Guidelines.



# WELLNESS **CALENDAR**

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2	3	4		5	6	7	8		9	10	11
				13					14		
			16						17		
	18							19			
21								22			
			24	25	26	27	28				
			30						31	32	33
		34							35		
37	38						39	40			
			42	43	44	45					
			47							48	49
			51					52			
			54					55			
	21	18	18   21   34	18 18 24 30 34 37 38 42 47 51	13 16 18 21 24 25 30 34 37 38 42 43 47 51	13	13	13	13	13       14         16       17         18       19         21       22         24       25       26       27       28         30       31         34       35         37       38       39       40         42       43       44       45         47       51       52	13       14         16       17         18       19         21       22         24       25       26       27       28         30       31       32         34       35         37       38       39       40         42       43       44       45         47       48         51       52

### Down:

- 1 Surel 2. Certain grain
- 3. Famous vampire
- 4. Parcel out 5. Grooming aid
- 6. Hawaiian cookout

Sunday

- 7. Play divisions
- 8. Sharpen
- 9. Stallone role
- 10. October gems 11. Forest growths
- 16. Showed feelings

Monday

- 19. Rage 20. Income
  - 21. Recline

Tuesday

- 25. Gay Nineties, e.g. 26. Pester incessantly
- 27. Exploit
- 28. Adjusts again 31. Antiseptic
- 32. 33. Thus far
- 34. Sleeve filler 36. Make points

Wednesday

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.

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### Across

- 1. "Star Wars" character 5. Cat's weapon
- 9. Spoil
- 12. Certain nobleman
- 13. Painful cry
- 14. Mar. follower
- 15. Deadlock
- 17. Bombshell \_\_\_\_ West
- 18 Flammable
- 20. Dwarf planet
- 22. "Friends" character
- 23. Feel unwell 24. Professor's protection

37. TV Host \_\_\_\_ O'Brien

- 29. Positive vote
- 30. Delete

38. Amid

Thursday

40. Portrayals

44. Assigned job

- 31. Pianen
- 34 Maxims
- 35. Even score 36. "The Lion King" villain
- 39. Put up
- 41. News analyst
- 46. Artist Yoko\_ 47. Honor roll (2 wds.)
- 50. Hurried
- 51. Essence 52. Alternative word
- 53. London's country (abbr.)
- 54. BPOE members
- 55. Kernel
- 45 Picnic intruders
- 48. Wind direction (abbr.) 49. Koppel or Williams

Saturday

42. Cliff's brink 43. Rocker \_\_\_\_\_ Young

**Friday** 

						•
	01	02	03	<b>04</b>	05	06
	Start a puzzle.	Clean out your	Buy nothing today.	Clear the dust	Add an extra	Catch up on a
		closet.	Try not to spend	from your work	1000 steps to	book you stopped
			any money.	station.	your walking goal.	reading.
		Groundhog Day				
	□3° □ mm 0000	□3. □ mm (1000)	□3° □ m 0000	□ <b>3</b> ° □ m	_ <b>3</b> ° □ <b>m</b>	_ <b>&gt;</b> □ <b>m</b>
07	08	09	10	11	12	13
Write out your	Challenge	Taco Tuesday,	Take a deep	Have fruit with	You've worked	Go play in the
four monthly	yourself. Caffeine	share your	breath every hour	every meal today.	hard this week,	snow.
goals.	free Monday.	favourite taco	today.		enjoy a nice treat.	
		combination.				
□3° □ m 0000	□3° □ m 0000	□3° □ mv 0000	□3° □ m 0000	□ <b>3</b> ° □ m 0000	_3°	□3° □ m 0000
14	15	16	17	18	<b>19</b>	20
Eat a healthy	Drop off canned	Self love, write 3	Have you finished	Try some squats	Check your cars	Take a lazy day.
breakfast.	food at a shelter.	things you love	a goal yet?	today.	washer fluid levels.	Relax and refocus.
Valentine's Day	Family Day	about yourself.	Ash Wednesday			
□3. □m 0000	□3° □ m 0000	□3 □ m 0000	□3. □ mm ()()()	□3° □m 0000	_3 - m 0000	_3 - m 0000
21	22	23	24	25	26	<b>27</b>
Repeat the	Clean out your	Finish a monthly	Retry a food you	Smile today.	Let go of any	Get some fresh air
monthly motto 5	wallet. Remove	goal.	hated as a kid.		negativity this	and take a walk
times.	expired coupons.				week.	outside.
_3. □m 0000	_ <b>3</b> □ m 0000	_ <b>3</b> □ m 0000	_3 - m 0000	□3° □ m 0000	_3. □ mm ()()()	_3. □ m. 0000
28						
Finish all your	The month i	s full of tips to	help you live	the monthly m	otto ( <i>m</i> <sup>M</sup> ) But	feel free to
monthly goals!				Colour in the w		
	water th	roughout the o	lay (4 bottles =	= 8 glasses). Di	d you do any p	hysical
		act	ivity? Check o	off the active bo	X.	
лллл						

31. Sterille 32. Tic 33. Yet 34. Arm 36. Score 37. Connan 38. Among 40. Roles 42. Edge 43. Neil 44. Task 45. Ants 48. SSE 49. Ted Allow your mind to get some rest after a long day at work with this month's riddle activity seen at the top of the page. Each month will have a new activity for you to enjoy.

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3. What gets wet while drying?

1. What question can you **NEVER** answer yes to?

### 4. I am an ODD number. Take away a and I become eve What number am I?

**My Monthly Goals:** 

**YOUR MONTHLY MOTTO:** 

"Find the

positive"

1247 Wellness

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

### 7. David's parents have three sons: Snap, Crackle, and what's the name of the third son?

6. What has to be BROKEN before you can use it?

5. How do you turn into 200 with one line?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Write out your monthly goals.	Get outside for some fresh air.	O3 Take some time to reflect today.	Trouble drinking water? Take a sip every time you check your phone.	( ) 05 Fish Friday!	Book a dentist appointment.  National Dentist Day
	_ <b>3</b> ° □ m 0000	_3 - m 0000	_ <b>≯</b> □ m <sup>M</sup> 0000	_3° □ m 0000	_ <b>3</b> □ m 0000	_ <b>3</b> ° □ <b>m</b> ™ 0000
Unplug and reset. Can you go a day without your devices?	Try a new fruit for the new week.  Commonwealth Day	Repeat the monthly motto 5 times.	Have you checked your computer security programs?	Try a comforting bowl of soup.	Write down special events you need to remember.	Check out a local shop you have never been to.
□3 □ mm 0000	_ <b>3</b> □ m 0000	<b>□</b> 3 □ mm 00000	_ <b>¾</b> □ <b>m</b> ™ ()((()()	_ <b>&gt;</b> □ m 0000	_ <b>3</b> □ <b>m</b>	_ <b>3</b> ° □ <b>m</b> ™ 00000
Meal prep for the week.  Daylight Savings Time	Take the stairs today.	Send a positive note to someone today.	Wear all green for St. Patrick's day, St. Patrick's Day	Check your work station for proper ergonomics.	Have you completed a monthly goal yet?	Take a deep breath to let go of any negativity.
_ <b>3</b> ° □ m	_3.	_3 - m 0000	_ <b>3</b> - <b>m</b> 0000	_ <b>&gt;</b> □ <b>m</b>	_ <b>3</b> - <b>m</b> 0000	_ <b>3</b> ° □ <b>m</b> ™ 0000
Try an old family recipe.	Try adding some fruit to your water.  World Water Day	Exercise at anytime, like bicep curls in the coffee line.	Follow someone who inspires you.	Regularly sanitize your phone.	Reflect on one highlight from the week!	Look through photos. Remember the good.
□3° □ mm 0000	□3° □ mm 0000	□3° □ mm 0000	_} □m 0000	□3° □ m 0000	_3 - m 0000	□3° □ m \ 0000
Evaluate your sleeping habits. Are you getting enough sleep?	Finish all your monthly goals!	Eat protein at each meal.	Do something fun to de-stress.	monthly motto ( out and creat bottles as you	s full of tips to help $\gamma\gamma\gamma$ M) But feel free e your own! Coloudrink water throug	to scratch them r in the water hout the day (4

# **WELLNESS** CALENDA

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bottles = 8 glasses). Did you do any physical

activity? Check off the active box.



1		
2		

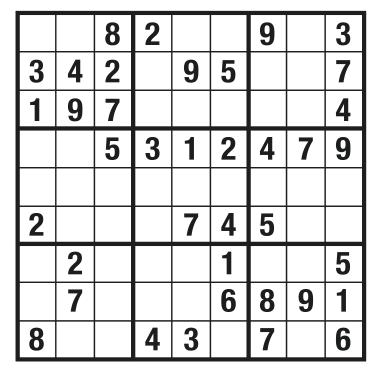
Strive for 150 minutes of exercise per week! This is according to the

5 Canada Movement Guidelines.



# WELLNESS CALENDAR

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Allow your mind to get some rest after a long day at work with this month's Sudoku activity seen above. Each month will have a new activity for you to enjoy.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
motto (MM) B your own! Col throughout t	But feel free to solution in the water the day (4 bottle)	help you live t scratch them o er bottles as yo es = 8 glasses) heck off the ac	Write out your goals for this month.	No meat today. Find a vegetarian dish you love. Good Friday	Buy some flowers to brighten your day.	
Switch to non-toxic household cleaning products.  Easter Sunday	, ,	Only take the stairs today. (If applicable)	Did you floss today?	Make sure to get enough sleep, by going to bed early.	Get at least 30 minutes of sun today.  Vimy Ridge Day	Check your body language. (Ex. Stand up straight, make eye contact)
■ 11 Focus on all the ways it can go right instead of wrong.  National Pet Day	12 Have you finished	□ <b>3</b> □ <b>13</b> Take pride in your achievements.	■ 14 Eat the rainbow.  With every meal include a colour of the rainbow.	■ 3 ■ 15 Make sure to take deep breaths.	16 Appreciate all the things your body does for you.	17 Check your inner monologue and replace and negativity.
☐ 3º ☐ mm ()()() 18 Meal prep for the week ahead.	19 Talk a long walk. You can never go wrong with fresh air and exercise.	<b>3</b> * <b>m</b> _ 0000 <b>€ 20</b> Be present.	21 Repeat the monthly motto 5 times.	Eat a fatty fish such as salmon.	23 Finish a monthly goal.	→ □ m 0000
25 Use plenty of herbs and spices. The health benefits are powerful.  □ 承 □ mm ○○○○	Avoid diets. Focus on nourishing your body instead of depriving it.	Reach out to others.	28 Finish all your monthly goals!  National Superhero Day	29 Focus on all your senses.  International Dance Day  The Day  Th	30 Find a new skill you want to learn. (Ex. Playing piano)	<b>□</b> 3* □ <b>m</b>



M E V L US PΝ V G 0 S Ε S S Ρ S Х K Ε Τ G ٧ S 0 Υ G Ζ W V V R Ε D Ρ Q Α G 0 Υ S D N 1 J Ε G R Υ F M Κ Ζ Ε Υ В Ζ Ε Ε С R S В 0 С S Ρ Q S Υ U Q Ζ 0 U Н R Ν В Q С S Ε С Х В W Χ G G S Ν S С D В S S C D Ν Н F Н R Ε G F G S S Ε В Т W Α R Q Н M S С Ε N W J G Q G Ν L Т Т Q X G D Ε Ν Ν 0 R W Η G Т Α 0 Ε Ζ Т Ρ 0 M Х Т V Υ Υ C 0 Ε S Ε Ε G Υ Η W D Τ ٧ В S С Р S Ν 0 Q Ε Τ ٧ ı Τ С Α G S L M M 0 M Ε Ζ U С С 0 В Υ 0 R Τ Ε Ε С Т G Τ U Ε S С R Ε Χ Ε Υ D R Α Τ Ε R Y ΚL н н H D X Y HТ Α EHGN I T Α E K Q С Α Q

**Tuesday** 

Sunday

monthly goals!

yourself.

National Smile Day

Monday

Spiritual Church Physical Therapy Yoga Wellness Reliable Exercise Hydrate Coping Walking Swimming Stress Hygiene Biking Activities Laugh Give Back Social Savings Balance Volunteer Mental Goals **Debt Free** Intellectual Pray Emotional Occupational

**Friday** 

Prescriptions Financial Eating Healthy Responsibility No Smoking

Saturday

# **YOUR MONTHLY MOTTO:** "Better health through better living" 1247 Wellness

### **My Monthly Goals:**

2	_
<b>-</b>	
•	

Strive for 150 minutes of exercise

per week! This is according to the Canada Movement Guidelines.

Cullday	Monday	rucsuay	Wednesday	indisday	Tilday	Catalaay	
Allow your mind to get some rest after a long day at work with this month's word search 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							
02	03	04	05	06	07	08	
Try to get some morning outdoor exercises done.	Avoid negative talk.	Relax your mind, do some meditation. National Star Wars Day	Avoid fast food today.	Stretch when you wake up.	Protect your eyes. Wear sunglasses outdoors.	Take time to enjoy an activity or hobby you like.	
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09	10	11	12	13	14	15	
Have you finished a monthly goal yet? Mother's Day	Repeat the monthly motto 5 times.	Try waking up and going to bed at a regular hour everyday.	Don't be afraid to ask for help.	Join a Facebook group with others that share your interests.	Daydream! Close your eyes and imagine yourself in a peaceful place.	Have you been drinking enough water?	
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16	17	<b>18</b>	19	20	21	22	
Embrace who you are. We are all different and that is OKAY!	Try to 'be' in the moment. (ex. Feel the sun on your skin, notice the air you breathe)	Send a positive message to someone.	Finish a monthly goal.	Appreciate what we often take for granted.  (ex. Running water, electricity)	Watch a new movie genre.	Take a camping trip.	
□3° □m~ 0000	□ <b>3</b> * □ m <sup>™</sup> 0000	□3° □m~ 0000	□3° □ m 0000	□3° □m 0000	□3° □ m 0000	□ <b>≯</b> □ <b>m</b> 0000	
Have a BBQ.	Avoid watching TV all day.  Victoria Day	Leg day! Start your squats.	Try a fruit that is your favourite colour.	Get some sunlight everyday.	Delivery Day! Order Out!	Avoid caffeine today.	
_3° □ mm 0000	_ <b>3</b> □ mu 0000	□3° □ mu 0000	_ <b>3</b> □ m 0000	_ <b>3</b> ° □ m	_ <b>3</b> □ m 0000	_ <b>3</b> ° □ <b>m</b> ™ ()(()()	
30 Finish all your	31 Be kind to			o help you live			

Wednesday

**Thursday** 



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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.



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2 \_\_\_\_\_

3

Strive for 150 minutes of exercise per week! This is according to the

5 Canada Movement Guidelines.



## WELLNESS CALENDAR

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from scratch.

Try Walnuts, rich in monthly goals.

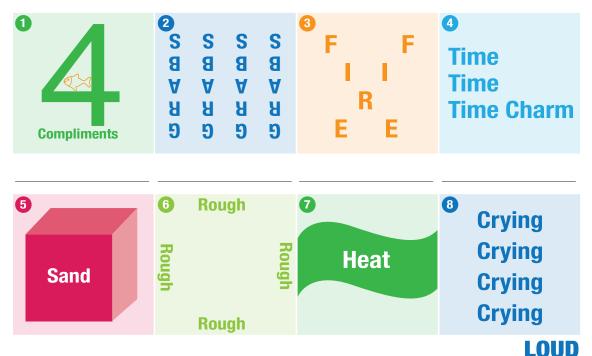
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protein and a great

meat substitute.

Instagram@Dunk247





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.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		Write out your monthly goals.	Take a scenic running trail.  National Running Day	Try a new recipe for dinner tonight.	04 It's Friday! Smile!	Sometimes all it takes is a new outfit to feel great. Go buy yourself something new.	
		□ <b>≯</b> □ mw 0000	<b>□</b> 3° □ m <sup>M</sup> 0000	□3° □m 0000	_3 - m 0000	_3 - m 0000	
Make sure to have sunscreen on when out in the sun.	Get yourself some flowers. Sweet fragrances are soothing.	Take a 5 minute stretch break.	Add lemon in your water to help boost your energy.	Create an uplifting playlist.	You've worked hard this week, enjoy a nice treat.	Turn off that alarm clock and get the extra sleep you need.	
_3 - m 0000	_3. □ mm (1000)	_3 - m 0000	_3* □ m <sup>M</sup> (1000)	_3* □ m 0000	_ <b>3</b> - <b>m</b>	_3 - m 0000	
Eat a healthy breakfast.	14 Walk a Monday mile.	Wear your favourite colour today.	Eat your water. (Ex. Watermelon, Celery, Cucumber, Ice-burg Lettuce)	● 17 When was the last time you organized your workspace?	Celebrate your successes.  National Go Fishing Day	Have you finished a monthly goal yet?	
□3 - mm 0000	_3 - m 0000	□3° □ m~ 0000	_ <b>3</b> - <b>m</b>	_3 - m 0000	_ <b>3</b> × □ m 0000	□ <b>3</b> □ <b>m</b>	
Play a game you loved as a kid.	Repeat the monthly motto 3 times.  National Indigenous	Give someone a nice compliment.	Dance like nobody is watching.  National Hydration Day	Breathe.	You've worked hard, treat yourself to something sweet.	26 Say "NO" when you need to. It's OK.	
_3° _ m 0000	Peoples Day	□3° □ m <sup>™</sup> 0000	_ <b>¾</b> □ <b>m</b> ™ 0000	_3. □ m 0000	_3 - m 0000	_3 - m 0000	
Cook a meal	28 Meatless Monday.	Finish all your	Be proud of who	The month is full of tips to help you live the monthly motto (MM) But feel free to scratch			

you are.

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.

# Canada Checklist

Check off how many things you have seen, been to or done. Each is one point, add up your total at the end.

☐ BARBECUED IN THE WINTER/SNOW

☐ GONE TO THE EXHIBITION (CNE)

☐ ENDED A SENTENCE WITH "EH!"

☐ PLAYED HOCKEY ON A FROZEN POND

☐ BEEN TO A BLUE JAYS GAME

☐ SLEPT IN A TENT

☐ SEEN THE ATLANTIC

☐ BEEN TO THE CAPILANO

SUSPENSION BRIDGE

☐ SEEN A MOOSE

☐ DRANK A BLOODY CAESAR

☐ SEEN THE NIAGARA FALLS

☐ BEEN TO THE BUTCHART GARDENS

☐ BEEN TO THE RIPLEY'S AQUARIUM

OF CANADA  SEEN THE NORTHERN LIGHTS BEEN TO THE TORONTO EATON CENTRE BEEN TO THE ART GALLERY OF ONTARIO GONE TO A HOCKEY GAME BEEN TO THE ROYAL ONTARIO MUSEUM BEEN TO CANADA'S WONDERLAND GONE WHALE WATCHING BEEN TO THE CN TOWER			TRE	N TO THE CALGARY EN A BEAVERTAIL N A CANADA GOOSE TED REAL MAPLE S' IDLED A CANOE/KAY N THE ROCKIES N TO OTTAWA A ROAD TRIP THROUNTO VANCOUVER IS	E YRUP 'AK UGH CANADA	<ul> <li>□ SUNG THE ANTHEM IN ENGLISH AND FRENCH</li> <li>□ GONE SNOW SHOEING</li> <li>□ SEEN A BEAR</li> <li>□ BEEN ICE FISHING</li> <li>□ VISITED A NATIONAL PARK</li> <li>□ SAID "SORRY" FOR NO REASON</li> <li>□ EATEN A POUTINE</li> <li>TOTAL:</li> </ul>		
	inspired action enjoy.  Want to be fee	vity seen at the	e top of the pa	ge. Each mont	rk with this mo	ew activity for	you to	
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
The month is full of tips to help you live the monthly motto (\$\mathcal{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  O1  Celebrate Canada. Safety first when using fireworks.  Canada Day  Write out your monthly goals.  Try barbecuir monthly goals.  Canada Day							Try barbecuing some zucchini and eggplant.	
t	04 Unplug. Try to go he whole day vithout checking your devices.	O5 Start your day off with a hearty breakfast.	Express gratitude, tell someone you are thankful for them.	O7 Support a local ice cream shop. National Strawberry Sundae Day	08 Have you finished a goal yet?	Plan your snacks wisely. Nuts and fruits can be prepared in advanced.	Exercise in the pool today.	
[	]3° □ m 0000	<b>□</b> ≯ □ m 0000	□ <b>≯</b> □ <b>m</b> w 0000	□3° □ m 0000	□3° □ m 0000	<b>□</b> 3° □ m 0000	□3° □ mm 0000	
t j	Help a friend with heir wellness ourney and share some tips you've earned.	12 Start a new hobby.	Remember we all make mistakes.	Journal. Write it out to clear your mind.	Draw something. It can increase your creativity while relieving stress.	Keep track of your spending and see what costs you can cut down on.	•	
	_3. □ m. 0000	□3° □ mm ()()()	□ <b>¾</b> □ <b>m</b> ™ ()((()()	<b>□</b> 3 □ m 0000	<b>□</b> 3° □ m 0000	<b>□</b> 3 • <b>m</b> • 0000	<b>□</b> 3 • <b>m</b> • 0000	
(	18 Check expire dates on condiments in your fridge.	Laugh. Big belly laughs.	Stop comparing your life to others.	Get ready everyday. Look good, feel good.	Enjoy the little things.	Create positive change.	Pay for someone in the line behind you.	
[	_3° □ m 0000	_3° _ m	_ <b>3</b> ° □ m <sup>M</sup> 0000	_ <b>≯</b> □ <b>m</b>	_3°	_ <b>3</b> □ m 0000	_3. □ m 0000	
t t	Valk around the block and enjoy all the pretty flowers.	Instead of three big meals. Eat more mini meals throughout the day.	help with anything. Find which will work best for you.	Remove distractions.	Finish your monthly goals.	30 Watch the sunset.	Get it done early to have the rest of your day free.	
Г	73° □ mm 11111	TX TMM MANA	13. L WM 4000	DX DMM AMA	□3* □ mM (1111)	MM MM	D& DWW HALL	

list	<b>M</b> YOUR MONTHLY MOTTO:
is one point,	"Wake Up With Determination"
☐ BEEN TO STANLEY PARK ☐ BEEN TO NOVA SCOTIA ☐ BEEN TO OLD QUEBEC	1 <sup>247</sup> Wellness
<ul> <li>□ HAD TIM HORTONS</li> <li>□ BEEN TO WHISTLER</li> <li>□ GONE SKIING/SNOW BOARDING</li> <li>□ SEEN THE BAY OF FUNDY</li> </ul>	My Monthly Goals:
☐ SUNG THE ANTHEM IN ENGLISH AND FRENCH ☐ GONE SNOW SHOEING	2

Strive for 150 minutes of exercise per week! This is according to the

Canada Movement Guidelines.



# WELLNESS **CALENDAR**

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# **M**YOUR MONTHLY MOTTO:

"Always see the glass as half full."

124.7 | Wellness

### **My Monthly Goals:**

0\_\_\_\_

3

Strive for 150 minutes of exercise per week! This is according to the

5 Canada Movement Guidelines.



## WELLNESS CALENDAR

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Get a good full

night sleep for

Monday.

your favourite

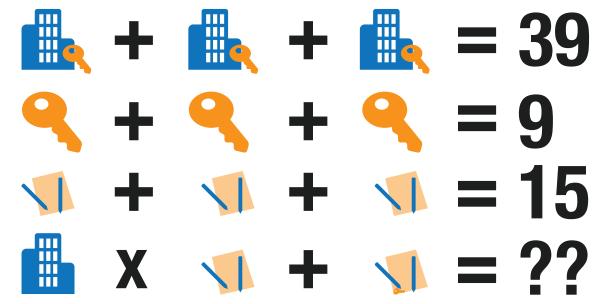
National Toasted Marshmallow Day

s'mores combo.

Instagram@Dunk247



# **CAN YOU SOLVE THIS EQUATION?**



Answer:

Allow your mind to get some rest after a long day at work with this month's math riddle 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
01	02	03	04	05	06	07		
Reconnect with an	Try a fun outdoor	Write down your	Drive with the	Go for a bike ride.	Everyone loves fresh fruits and	Try doing 10		
old friend.	game to play. (Ex. Cornhole or ladder	monthly goals.	windows down and smell the fresh air.	Don't have one? Find a rent a bike	vegetables. So why	jumping jacks 3 times throughout		
National Friendship Day	golf)		311611 416 116611 4111	to try.	not plant your own garden?	the day.		
□3° □ mm 0000	Civic Holiday	_ <b>3</b> - m 0000	_ <b>3</b> □ <b>m</b>	_3. □ mm 0000	_3 _ m 0000	_3.		
• 08	09	10	11	12	13	14		
Join/create a	Tried of sitting? Set an alarm on your	Try to have all the	Give yourself a pat	Have you	Focus on the	Lend a hand or		
community Facebook group.	phone to get up	colours of the rainbow on your	on the back for all your hard work.	completed a goal vet?	positive.	call to check in with friends and		
J 11	every hour and move around.	plate.	,	,		family.		
□3° □ mm 0000	<b>□</b> 3 □ m 0000	<b>□</b> 3 □ m 0000	_3 - m 0000	□3° □ m 0000	_ <b>3</b> °	_3 - m 0000		
<b>15</b>	16	17	18	19	20	21		
Be thankful for	Tell your favourite	Treat yourself to	Remember,	Re-watch your	Finish a monthly	Stop eating 2		
what you have; you'll end up	joke.	your favourite restaurant. Even if	positive thoughts generate positive	favourite movie.	goal.	hours before bed for a better nights		
having more.	National Tell a Joke	it's takeout.	feelings.			sleep.		
□3° □ mm 0000	Day mm ()()()	_3× □ mm ()()()	_ <b>&gt;</b> □ <b>m</b>	_3 - m 0000	_ <b>&gt;</b> □ <b>m</b> • (1000)	_ <b>&gt;</b> □ <b>m</b>		
<b>22</b>	23	24	25	26	27	28		
Plan your meals	Reminder to	Do some calf	Tidy up your	Finish all your	Cut caffeine, that	Take a short nap.		
for the week. It will help you more	book that dentist appointment you	raises while making dinner or	workspace.	monthly goals.	includes sodas, chocolates and			
than you think.	are putting off.	doing the dishes.			other sources all			
□3º □m <sup>M</sup> 0000	_ <b>3</b> - <b>m</b>	_ <b>3</b> - m 0000	_ <b>3</b> □ <b>m</b>	_3 - m 0000	day.  □ <b>*</b> □ <b>m</b> □ □ □ □	_ <b>3</b> - <b>m</b> 0000		
29	30	31						
Go to bed early.	S'mores day, share	Stretch when you	The month is full of tips to help you live the monthly motto					

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

 $(\mathcal{M}^{\mathsf{M}})$  But feel free to scratch them out and create your

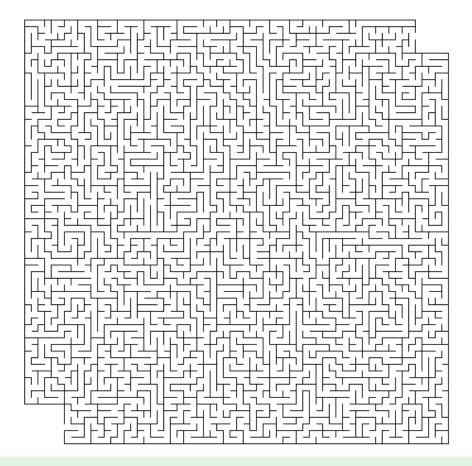
own! Colour in the water bottles as you drink water

throughout the day (4 bottles = 8 glasses). Did you do any

physical activity? Check off the active box.

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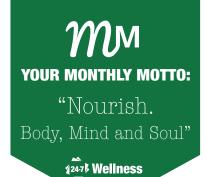
wake up.



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The month is full of tips to help you live the monthly motto ( \mu M) 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.			Write out your monthly goals.	<b>02</b> Doodle.	Donate/volunteer at your local food bank. National Food Bank Day	Light a candle with your favourite sent. (Remember safety first)
activity? C	neck oπ the a	ctive box.	_3. □ m <sup>M</sup>	□¾ □m₁ 0000 09	_3. □ m 0000	_3 m™ 0000
Save time in the morning and plan your outfit before bed.	Start a gratitude journal.	Walk outside and get some vitamin D.	Get a houseplant.	Accomplish the first task of the day and make your bed.	Plan your snacks	Wash away the day with a skincare routine.
□3° □ m 0000	<b>□≯</b> □ <b>m</b> ™ 0000	<b>□</b> ≯ □ m 0000	<b>□</b> 3 • <b>m</b> 0000	□3° □ mm 0000		<b>□</b> 3 • <b>m</b>
12	<b>13</b>	14	15	16	17	18
Face on of your fears.	Improve your sleep by keeping your phone outside the bedroom at night.	a goal yet?	Learn one new thing today.  National Online Learning Day	Create a vision board. Places to go, things to see, people that inspire you, etc.	Start an emergency fund.	Participate in a day class or follow a YouTube video.  National Dance Day
_3 m. 100	_3 _ mm	_3 - m \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	_3 - m	_3. □ m	_3× _m 0000	_3. □ m
Visit a local shop.	Take 10 minutes to breathe deeply.	Play a board game.	Look through old photos and enjoy all the memories.	Finish a monthly goal.	Listen to a new podcast or audio book.	With winter on the way make sure to tune up your car.
_ <b>*</b> □ <b>m</b> 0000	_ <b>≯</b> □ <b>m</b> 0000	_ <b>≯</b> □ <b>m</b> 0000	_3°	□3° □ mw 0000	_3.	National Tune-Up Day
Treat yourself with a freshly made baked good you did yourself.	Make some quiet time.	Try some bicep curls. If you don't have weights use some water jugs.	Finish your monthly goals.	30 Cuddle up with a furry friend.		
_3° □ m 0000	_3× □ m 0000	_3 - m 0000	<b>□</b> 3 □ m 0000	<b>□</b> 3° □ m <sup>™</sup> 0000		



### **My Monthly Goals:**

V		
2		

3			

Strive for 150 minutes of exercise per week! This is according to the

5 Canada Movement Guidelines.



# WELLNESS CALENDAR

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1			

2		

Strive for 150 minutes of exercise per week! This is according to the

Canada Movement Guidelines.



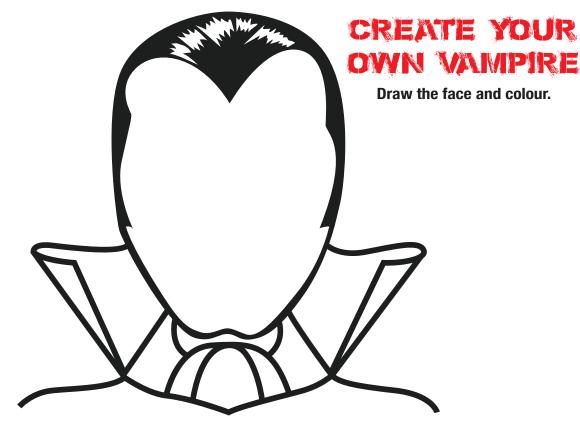
# **WELLNESS CALENDAR**

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costume.

□3 - mm 0000



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	nd to get some ween activity s u to enjoy.	01 Improve your body language.	Write your monthly goals.			
Want to be featured in our newsletter, share your completed activity with us on social media, or email it in to <u>communications@systems24-7.com</u>					National Body Language Day	□¾ □mm AAAA
03	04	05	• 06	07	08	09
Try foods from different cultures.	Wake up early to see the sunrise.	Try using coconut oil instead of butter for a healthy alternative.	Drink water when you get up to help activate your internal organs.	Do some fall decorating.	Do Yoga to improve balance, flexibility, strength and tranquility.	Do something that makes you happy.
□3° □ mw 0000	_3°	<b>□</b> 3° □ m <sup>™</sup> 0000	_ <b>≯</b> □ <b>m</b>	<b>□</b> 3° □ m 0000	_ <b>3</b> □ m 0000	_3° _ m 0000
10	11	<b>12</b>	13	14	15	16
Get rid of negative relationships.	Relax and enjoy the holiday.	Dispose of any expired medications at an	Cancel subscriptions you	Avoid drinking sugary drinks	Get a massage.	Take a hike to see all the changing
World Mental Health Day	Thanksgiving Day	approved collection site.	aren't using anymore.	today.		leaves of fall.
□3° □ m 0000	□3° □ mm 0000	□3° □ mm 0000	□3 - m 0000	□3° □ m~ 0000	-3× -m 0000	□3. □ mm 0000
17	18	19	<b>20</b>	21	22	23
Get creative and do a craft.	Finish a monthly goal.	Stop taking on other people's problems.	Go through your closet and donate any winter clothes you aren't going to wear this year.	Repeat the monthly motto 3 times.	Spend time with your pets.	Smile at a stranger, it could help change their day.  National Make a  Difference Day A A A A A
□ <b>3°</b> □ <b>m</b> ™ 0000	□3° □ mm 0000	□3° □m~ 0000	<b>□</b> 3 • <b>m</b>	□3° □ mm 0000	<b>□</b> 3 • <b>m</b>	□¾ □mm 0000
24	25	26	27	28	29	30
Video chat with friends and family.	Meatless Monday. Try Walnuts, rich in protein and a great meat substitute.	Re-shift your focus to enjoyable things in life.	Rediscover an old hobby.	Drink water 30 minutes before a meal to help digestion.	Get at least 30 minutes of cardio.	Finish your monthly goals.
□3. □ mm (1000)	_ <b>3</b> * □ <b>m</b> <sup>™</sup> ()()()	□3º □ m <sup>™</sup> ()()()	_ <b>¾</b> □ <b>m</b> <sup>™</sup> 0000	□3. □ mm ()(()()	□3º □ mm 0000	_ <b>≯</b> □ <b>m</b> 0000
31						
Try making your Halloween costume  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.

# Wellness Word Svamble

ISETFSN	RUOTIITNN
SLCIPHYA IATCVYIT	ETTRGHSN
IARXANTOLE	ELSPE
EHLHTA	ITILIELBFYX
KANGLWI	VMTIANIOOT
SLWESELN	SLGA0
EAHHYLT NIGETA	EAHLTH
OMAITNDEI	TLMNEA NEWLSELS
OTAG	RTHBAEE
XESIRCEE	

Allow your mind to get some rest after a long day at work with this month's word scramble 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						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	01	02	03	• 04	05	06
	Write out your monthly goals.	Don't make cleaning leaves a	Book an appointment to	Make some homemade soup.	Who doesn't love a doughnut day?	Eat 5 servings of fruit and
	monany godio.	chore. Play in them like when you were a child.	get your winter tires on.	Freeze extra for a chilly day.	Treat yourself.  National Doughnut	vegetables.
	_ <b>≯</b> □ <b>m</b> 0000	_3 - m 0000	_ <b>3</b> * □ <b>m</b> <sup>™</sup> ()(((()))(())	_ <b>&gt;</b> □ <b>m</b> • 0000	Day	_3. □ mm (((()))
07	08	09	10	<b>●</b> 11	12	13
Take advantage of the nice weather and get outside. National Play	Check in on a neighbour to see how they are	Have you completed a goal yet?	Give yourself a compliment.	Give yourself a break today.  Mentally, physically and/or emotionally.	You are doing a great job.	Do a random act of kindness today.
Outside Day	doing.	0.0.0	0.0.0	Remembrance Day		World Kindness Day
□3* □ m <sup>M</sup> 0000	□3* □mM ((((())))	□ <b>≯</b> □ mw 0000	□ <b>¾</b> □ <b>m</b> ™ ((((()))	□3° □ m 0000	□ <b>¾</b> □ <b>m</b> ™ 0000	□3* □m <sup>M</sup> 0000
14	15	16	17	18	<b>19</b>	20
Who are your role models and what qualities do you share with them?	Make a spending budget.	Add 1000 extra steps in today.	Find a new hiking trail. (Weather permitting)	Get a goal setting buddy. Help each other accomplish your goals.	Take time and listen. Sometimes that's all someone needs.	Set an alarm every hour to drink water.
_3 - m 0000	<b>□¾ □ m</b> m ()((())	□ <b>3</b> * □ <b>m</b> ™ ()(((())(())(())(())(()()()()()()()()(	_ <b>3</b> □ <b>m</b>	_3* □m 0000	_ <b>¾</b>	_ <b>¾</b>
21	22	23	24	25	26	<b>27</b>
Stock up on healthy snacks.	Try a new warm beverage to enjoy this winter.	During commercial breaks do some jumping jacks.	Find a new book to read.	Put on music instead of the TV.	Take a selfie and say one thing you love about it.	Donate something you've never used.
_ <b>3</b> ° □ <b>m</b>	_ <b>3</b> ° □ <b>m</b> → 0000	_ <b>3</b> ° □ <b>m</b>	_ <b>3</b> ° □ <b>m</b>	_ <b>3</b> ° □ <b>m</b> • 0000	_ <b>3</b> °	_ <b>3</b> ° □ <b>m</b>
28 Visit a local small business. Small Business	Finish your monthly goals.	Park the furthest away from your destination.	thest month is full of tips to help you live the monthly motto ( $\mathcal{M}$ ) But feel free to scratch them out and			
Saturday			glasses). Did you do any physical activity? Check off			

**YOUR MONTHLY MOTTO:** 

"Wake Up With Determination. Go To Bed With Satisfaction"

1247 Wellness

### **My Monthly Goals:**

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



# CALENDA

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the active box.



0			

3
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### per week! This is according to the Canada Movement Guidelines.



## WELLNESS CALENDAR

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in if you want to.

Boxing Day

brings inner

strength and

self-confidence.

electronics 1 hour

before bed.



# Happy Holiday's and a Happy New Year

Allow your mind to get some rest after a long day at work with this month's colouring 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

<u>communications@systems24-7.com</u>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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.		Donate some canned goods or winter coats to a shelter.  National Day of Giving	Write your monthly goals.	It's never to late or too early to build a healthier you.	Go ice skating.	
05	06	07	08	09	<ul><li>10</li></ul>	11
The holiday season is always a rush. Remember to slow down.	Practice portion control.	Take quiet time for yourself.	Take vitamins. Not sure what to take? Book an apt. with your Doctor to find	Have you completed a goal yet?	Change your furnace filter if you haven't already.	Build a snowman.  Anniversary of the Statute of Westminster
□3° □ mm 0000	_ <b>≯</b> □ <b>m</b> 0000	_ <b>≯</b> □ <b>m</b> ™ 0000	out. □ <b>3</b> * □ <b>11</b> □ <b></b>	_ <b>3</b> ° □ <b>m</b> ™ 0000	<b>□¾</b> □ <b>m</b> M 0000	<b>□3</b> □ <b>m</b>
Treat yourself like you would treat others.	Live in the present.	Baked some holiday cookies.	Don't compare yourself.	Need some stress relief? Try adding Strawberry, Pineapple and Basil to your water.	Treat yourself to your favourite maple syrup treat.  National Maple Syrup Day	Put on your favourite ugly holiday sweater.  National Ugly Christmas Sweater Day
	□3* □ mu ()()()			□3° □ m 0000	_3 - mm 0000	_3 - m 000
Pack protein snacks for those busy days.	Go on a winter wonder walk.	Go sledding.	Take a deep breath.	Be kind to yourself.	Make a holiday stove-top popery. (Remember safety first) Christmas Eve	Practice gratitude.  Christmas Day
_3°	_3° _ m 0000	_3. □ mm 0000	_ <b>3</b> □ m 0000	_3. □ mm 0000		
<b>26</b>	27	28	29	30	31	
It's okay to sleep	A calm mind	Don't use	Like our monthly	Finish all your	You worked hard	

activity? Try getting monthly goals.

an adult colouring

this year. Celebrate

a job well done.

New Year's Eve