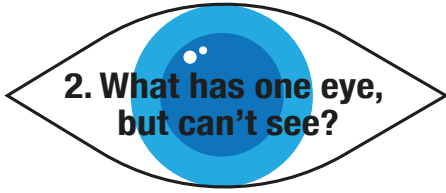


Allow your mind to get some rest after a long day at work with this month's riddle activity seen at the top of the page. Each month will have a new activity for you to enjoy.

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)



3. What gets *wet* while *drying*?

5. How do you turn  
**188**  
into 200 with one line?

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

4. I am an **ODD** number.  
Take away a **LETTER**  
and I become even.  
*What number am I?*

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

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

**mm**

**YOUR MONTHLY MOTTO:**

"Find the  
positive"

**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.

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> Get outside for some fresh air. <input type="checkbox"/> ☼ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>03</b> Take some time to reflect today. <input type="checkbox"/> ☼ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>04</b> Trouble drinking water? Take a sip every time you check your phone. <input type="checkbox"/> ☼ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>05</b> Fish Friday! <input type="checkbox"/> ☼ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>06</b> Book a dentist appointment. <i>National Dentist Day</i> <input type="checkbox"/> ☼ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>07</b> Unplug and reset. Can you go a day without your devices? <input type="checkbox"/> ☼ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>08</b> Try a new fruit for the new week. <i>Commonwealth Day</i> <input type="checkbox"/> ☼ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>09</b> Repeat the monthly motto 5 times. <input type="checkbox"/> ☼ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>10</b> Have you checked your computer security programs? <input type="checkbox"/> ☼ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>11</b> Try a comforting bowl of soup. <input type="checkbox"/> ☼ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>12</b> Write down special events you need to remember. <input type="checkbox"/> ☼ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>13</b> Check out a local shop you have never been to. <input type="checkbox"/> ☼ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>14</b> Meal prep for the week. <i>Daylight Savings Time</i> <input type="checkbox"/> ☼ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>15</b> Take the stairs today. <input type="checkbox"/> ☼ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>16</b> Send a positive note to someone today. <input type="checkbox"/> ☼ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>17</b> Wear all green for St. Patrick's day. <i>St. Patrick's Day</i> <input type="checkbox"/> ☼ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>18</b> Check your work station for proper ergonomics. <input type="checkbox"/> ☼ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>19</b> Have you completed a monthly goal yet? <input type="checkbox"/> ☼ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>20</b> Take a deep breath to let go of any negativity. <input type="checkbox"/> ☼ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>21</b> Try an old family recipe. <input type="checkbox"/> ☼ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>22</b> Try adding some fruit to your water. <i>World Water Day</i> <input type="checkbox"/> ☼ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>23</b> Exercise at anytime, like bicep curls in the coffee line. <input type="checkbox"/> ☼ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>24</b> Follow someone who inspires you. <input type="checkbox"/> ☼ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>25</b> Regularly sanitize your phone. <input type="checkbox"/> ☼ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>26</b> Reflect on one highlight from the week! <input type="checkbox"/> ☼ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>27</b> Look through photos. Remember the good. <input type="checkbox"/> ☼ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>28</b> Evaluate your sleeping habits. Are you getting enough sleep? <input type="checkbox"/> ☼ <input type="checkbox"/> mm <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"/>	<b>30</b> Eat protein at each meal. <input type="checkbox"/> ☼ <input type="checkbox"/> mm <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>31</b> Do something fun to de-stress. <input type="checkbox"/> ☼ <input type="checkbox"/> mm <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. Are you asleep yet? 2. A towel. 3. A needle. 4. Seven. 5. 188-6. An egg. 7. David.



**WELLNESS  
CALENDAR**

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



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