



MM

YOUR MONTHLY MOTTO:

“Refresh, Refocus and Restart”

 **Wellness**

My Monthly Goals:

- 1 _____
- 2 _____
- 3 _____
- 4 _____

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

5 Canada Movement Guidelines.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|--|---|---|
| <p>Allow your mind to get some rest after a long day at work with this month's colouring activity seen at the top of the page. Each month will have a new activity for you to enjoy.</p> <p>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</p> | | | | | | |
| <p>01 Write down your four goals.</p> | | | | | | 02 Pick up a project collecting dust. |
| 03 Meal plan for the week. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 04 Start a new book. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 05 Commit to let go of one thing bugging you. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 06 Set a timeline on something that needs attention. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 07 Prioritize your task list and cross off a couple easy ones. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 08 Repeat the monthly motto at least 5 times. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 09 Have you finished a goal yet? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 10 Clean out your fridge. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 11 Re-organize a cluttered space. <i>National Human Trafficking Awareness Day</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 12 Phone a friend! <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 13 Re-watch a favourite film. <i>National Clean Off Your Desk Day</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 14 Re-establish your boundaries. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 15 Work on a monthly goal. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 16 Re-focus negative thoughts to positive ones. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 17 Cut out pop and drinks with caffeine. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 18 Recognize your own bias... work on it. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 19 Smile at someone. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 20 Take a bubble bath. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 21 Finish a monthly goal! <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 22 Finish a chapter in the book you started. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 23 Park in the furthest spot. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 24 Clean out your email inbox. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 25 Remind yourself of your talents. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 26 Send a positive message to someone. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 27 Reconnect with an old friend. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 28 Finally take down your holiday decor....oops. <i>Bell Let's Talk Day</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 29 Delivery Day! Order Out! <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 30 Allow yourself a day of doing nothing. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 31 Finish all your monthly goals! <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <p>The month is full of tips to help you live the monthly motto (MM)</p> <p>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.</p> | | | | | |



WELLNESS CALENDAR

f Facebook@Systems247

in Linkedin@Systems 24-7

@ Instagram@Dunk247

 **SYSTEMS24-7**



YOUR MONTHLY MOTTO:

“Be stronger, than your strongest excuse”



My Monthly Goals:

- 1 _____
- 2 _____
- 3 _____
- 4 _____

Strive for 150 minutes of exercise per week! This is according to the [Centers for Disease Control](#).

5 Canada Movement Guidelines.



WELLNESS CALENDAR

 Facebook@Systems247
 Linkedin@Systems 24-7
 Instagram@Dunk247



www.systems24-7.com

A crossword grid with 50 numbered entries. The grid is 11 columns wide and 11 rows high. Blacked-out squares are present in the following locations:

- Row 1: Columns 5, 9, 10, and 11 are blacked out.
- Row 2: Columns 1, 2, 3, 4, 9, 10, and 11 are blacked out.
- Row 3: Columns 1, 2, 3, 4, 5, 6, 7, 8, 9, and 10 are blacked out.
- Row 4: Columns 1, 2, 3, 4, 5, 6, 7, 8, 9, and 10 are blacked out.
- Row 5: Columns 1, 2, 3, 4, 5, 6, 7, 8, 9, and 10 are blacked out.
- Row 6: Columns 1, 2, 3, 4, 5, 6, 7, 8, 9, and 10 are blacked out.
- Row 7: Columns 1, 2, 3, 4, 5, 6, 7, 8, 9, and 10 are blacked out.
- Row 8: Columns 1, 2, 3, 4, 5, 6, 7, 8, 9, and 10 are blacked out.
- Row 9: Columns 1, 2, 3, 4, 5, 6, 7, 8, 9, and 10 are blacked out.
- Row 10: Columns 1, 2, 3, 4, 5, 6, 7, 8, 9, and 10 are blacked out.
- Row 11: Columns 1, 2, 3, 4, 5, 6, 7, 8, 9, and 10 are blacked out.

Numbered entries include:

- 1: Across (11 letters)
- 2: Across (11 letters)
- 3: Across (11 letters)
- 4: Across (11 letters)
- 5: Across (11 letters)
- 6: Across (11 letters)
- 7: Across (11 letters)
- 8: Across (11 letters)
- 9: Across (11 letters)
- 10: Across (11 letters)
- 11: Across (11 letters)
- 12: Across (11 letters)
- 13: Across (11 letters)
- 14: Across (11 letters)
- 15: Across (11 letters)
- 16: Across (11 letters)
- 17: Across (11 letters)
- 18: Across (11 letters)
- 19: Across (11 letters)
- 20: Across (11 letters)
- 21: Across (11 letters)
- 22: Across (11 letters)
- 23: Across (11 letters)
- 24: Across (11 letters)
- 25: Across (11 letters)
- 26: Across (11 letters)
- 27: Across (11 letters)
- 28: Across (11 letters)
- 29: Across (11 letters)
- 30: Across (11 letters)
- 31: Across (11 letters)
- 32: Across (11 letters)
- 33: Across (11 letters)
- 34: Across (11 letters)
- 35: Across (11 letters)
- 36: Across (11 letters)
- 37: Across (11 letters)
- 38: Across (11 letters)
- 39: Across (11 letters)
- 40: Across (11 letters)
- 41: Across (11 letters)
- 42: Across (11 letters)
- 43: Across (11 letters)
- 44: Across (11 letters)
- 45: Across (11 letters)
- 46: Across (11 letters)
- 47: Across (11 letters)
- 48: Across (11 letters)
- 49: Across (11 letters)
- 50: Across (11 letters)
- 51: Across (11 letters)
- 52: Across (11 letters)
- 53: Across (11 letters)
- 54: Across (11 letters)
- 55: Across (11 letters)

Puzzle from boatloadpuzzles.com

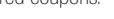
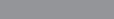
Across:

| | |
|----------------------------|------------------------------|
| 1. "Star Wars" character | 31. Pigpen |
| 5. Cat's weapon | 34. Maxims |
| 9. Spoil | 35. Even score |
| 12. Certain nobleman | 36. "The Lion King" villain |
| 13. Painful cry | 39. Put up |
| 14. Mar. follower | 41. News analyst |
| 15. Deadlock | 46. Artist Yoko_____ |
| 17. Bombshell ____ West | 47. Honor roll (2 wds.) |
| 18. Flammable | 50. Hurried |
| 20. Dwarf planet | 51. Essence |
| 22. "Friends" character | 52. Alternative word |
| 23. Feel unwell | 53. London's country (abbr.) |
| 24. Professor's protection | 54. BPOE members |
| 29. Positive vote | 55. Kernel |
| 30. Delete | |

Down

| | | | |
|---------------------|---------------------|------------------------|-------------------|
| 1. Sure! | 7. Play divisions | 19. Rage | 28. Adjusts again |
| 2. Certain grain | 8. Sharpen | 20. Income | 31. Antiseptic |
| 3. Famous vampire | 9. Stallone role | 21. Recline | 32. ____ -tac-toe |
| 4. Parcel out | 10. October gems | 25. Gay Nineties, e.g. | 33. Thus far |
| 5. Grooming aid | 11. Forest growths | 26. Pester incessantly | 34. Sleeve filler |
| 6. Hawaiian cookout | 16. Showed feelings | 27. Exploit | 36. Make points |

| | |
|--------------------------|----------------------------|
| 37. TV Host ____ O'Brien | 45. Picnic intruders |
| 38. Amid | 48. Wind direction (abbr.) |
| 40. Portrayals | 49. Koppel or Williams |
| 42. Cliff's brink | |
| 43. Rocker ____ Young | |
| 44. Assigned job | |

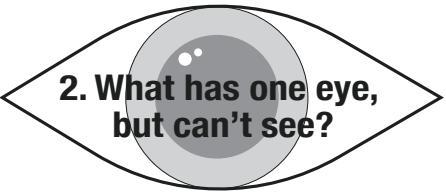
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|---|--|--|
| | 01 Start a puzzle.        | 02 Clean out your closet. <i>Groundhog Day</i>        | 03 Buy nothing today. Try not to spend any money.        | 04 Clear the dust from your work station. | 05 Add an extra 1000 steps to your walking goal. | 06 Catch up on a book you stopped reading. |
| 07 Write out your four monthly goals.        | 08 Challenge yourself. Caffeine free Monday.        | 09 Taco Tuesday, share your favourite taco combination.        | 10 ● Take a deep breath every hour today. | 11 ● Have fruit with every meal today. | 12 ● You've worked hard this week, enjoy a nice treat. | 13 Go play in the snow. |
| 14 Eat a healthy breakfast. <i>Valentine's Day</i>        | 15 Drop off canned food at a shelter. <i>Family Day</i>        | 16 Self love, write 3 things you love about yourself.        | 17 Have you finished a goal yet? <i>Ash Wednesday</i> | 18 ● Try some squats today. | 19 ● Check your cars washer fluid levels. | 20 Take a lazy day. Relax and refocus. |
| 21 Repeat the monthly motto 5 times.        | 22 Clean out your wallet. Remove expired coupons.        | 23 Finish a monthly goal.        | 24 Retry a food you hated as a kid. | 25 ● Smile today. | 26 ● Let go of any negativity this week. | 27 ● Get some fresh air and take a walk outside. |
| 28 Finish all your monthly goals!        | <p>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.</p> | | | | | |

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

ANSWERS: ACROSS: 1. Yoda 5. Claw 9. Root 12. Earth 13. Dutch 14. Apricot 15. Stimulante 17. Metal 18. Gomibusibile 20. Pilule 23. Alli 24. Turnure 29. Yea 30. Erase 31. Sty 34. Adages 35. Tee 36. Scarf 39. Erase 41. Commuter 46. Ho 47. Deanslist 50. Rain 51. Gist 52. Ease 53. Erng 54. Ellis 55. Seed Downy 1. Yes 2. Out 3. Dribble 4. Allot 5. Combs 6. Luau 7. Acids 8. White 9. Rambo 10. Qubits 11. Tees 15. Emoted 19. Ile 20. Pdy 21. Lle 25. Era 26. Nag 27. Use 28. Resets 31. Shehie 32. Tric 33. Yet 34. Am 36. Score 37. Column 38. Among 40. Roles 42. Edge 43. Neii 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.

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



2. What has one eye, but can't see?

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

5. How do you turn

188
into **200** with one line?

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|--|--|---|---|---|---|--|--|
| | 01 Write out your monthly goals. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 02 Get outside for some fresh air. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 03 Take some time to reflect today. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 04 Trouble drinking water? Take a sip every time you check your phone. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 05 Fish Friday! <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 06 Book a dentist appointment. <i>National Dentist Day</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | |
| 07 Unplug and reset. Can you go a day without your devices? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 08 Try a new fruit for the new week. <i>Commonwealth Day</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 09 Repeat the monthly motto 5 times. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 10 Have you checked your computer security programs? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 11 Try a comforting bowl of soup. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 12 Write down special events you need to remember. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 13 Check out a local shop you have never been to. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | |
| 14 Meal prep for the week. <i>Daylight Savings Time</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 15 Take the stairs today. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 16 Send a positive note to someone today. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 17 Wear all green for St. Patrick's day. <i>St. Patrick's Day</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 18 Check your work station for proper ergonomics. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 19 Have you completed a monthly goal yet? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 20 Take a deep breath to let go of any negativity. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | |
| 21 Try an old family recipe. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 22 Try adding some fruit to your water. <i>World Water Day</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 23 Exercise at anytime, like bicep curls in the coffee line. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 24 Follow someone who inspires you. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 25 Regularly sanitize your phone. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 26 Reflect on one highlight from the week! <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 27 Look through photos. Remember the good. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | |
| 28 Evaluate your sleeping habits. Are you getting enough sleep? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 29 Finish all your monthly goals! <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 30 Eat protein at each meal. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 31 Do something fun to de-stress. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 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. | | | |

1st Quarter Full Moon 3rd Quarter New Moon

Answers: 1. Are you asleep yet? 2. A needle. 3. A towel. 4. Seven. 5. **488** 6. An egg. 7. David.

MM

YOUR MONTHLY MOTTO:

"Find the positive"

124-7 Wellness

My Monthly Goals:

- _____
- _____
- _____
- _____

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



WELLNESS CALENDAR

f [Facebook@Systems247](#)

in [Linkedin@Systems 24-7](#)

@ [Instagram@Dunk247](#)



MM

YOUR MONTHLY MOTTO:

"You don't have to wait to be confident"

24/7 Wellness

My Monthly Goals:

- 1 _____
- 2 _____
- 3 _____
- 4 _____

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

5



WELLNESS CALENDAR

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



www.systems24-7.com

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| | | 8 | 2 | | | 9 | 3 |
| 3 | 4 | 2 | | 9 | 5 | | 7 |
| 1 | 9 | 7 | | | | | 4 |
| | | 5 | 3 | 1 | 2 | 4 | 7 |
| 2 | | | | 7 | 4 | 5 | |
| | 2 | | | | 1 | | 5 |
| | 7 | | | 6 | 8 | 9 | 1 |
| 8 | | | 4 | 3 | | 7 | 6 |

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.

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 |
| | | | | Write out your goals for this month. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | No meat today. Find a vegetarian dish you love. <i>Good Friday</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Buy some flowers to brighten your day. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| ● 04 | 05 | 06 | 07 | 08 | 09 | 10 |
| Switch to non-toxic household cleaning products. <i>Easter Sunday</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Start your day with a hearty breakfast. <i>Easter Monday</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Only take the stairs today. <i>(If applicable)</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Did you floss today? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Make sure to get enough sleep, by going to bed early. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Get at least 30 minutes of sun today. <i>Vimy Ridge Day</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Check your body language. <i>(Ex. Stand up straight, make eye contact)</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| ● 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| Focus on all the ways it can go right instead of wrong. <i>National Pet Day</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Have you finished a goal yet? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Take pride in your achievements. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Eat the rainbow. With every meal include a colour of the rainbow. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Make sure to take deep breaths. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Appreciate all the things your body does for you. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Check your inner monologue and replace any negativity. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 18 | 19 | ● 20 | 21 | 22 | 23 | 24 |
| Meal prep for the week ahead. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Talk a long walk. You can never go wrong with fresh air and exercise. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Be present. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Repeat the monthly motto 5 times. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Eat a fatty fish such as salmon. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Finish a monthly goal. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | When is the last time you had a vitamin? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 25 | ● 26 | 27 | 28 | 29 | 30 | |
| Use plenty of herbs and spices. The health benefits are powerful. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Avoid diets. Focus on nourishing your body instead of depriving it. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Reach out to others. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Finish all your monthly goals! <i>National Superhero Day</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Focus on all your senses. <i>International Dance Day</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Find a new skill you want to learn. <i>(Ex. Playing piano)</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | |

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

Answers From Top Left to Bottom Right: First Square: 7, 8, 5, 2, 9. Ninth Square: 3, 4, 2. Eighth Square: 7, 8, 5, 2, 9. Ninth Square: 3, 4, 2. Fourth Square: 6, 7, 3, 4, 1, 9. Fifth Square: 9, 5, 8, 6. Sixth Square: 1, 6, 2, 3, 8. Seventh Square: 1, 6, 4, 3, 5, 1. Second Square: 5, 6. Third Square: 4, 7, 1, 8, 6, 3. Top Left to Bottom Right: First Square: 7, 8, 5, 2, 9. Ninth Square: 3, 4, 2. Eighth Square: 7, 8, 5, 2, 9. Ninth Square: 3, 4, 2. Fourth Square: 6, 7, 3, 4, 1, 9. Fifth Square: 9, 5, 8, 6. Sixth Square: 1, 6, 2, 3, 8. Seventh Square: 1, 6, 4, 3, 5, 1. Second Square: 5, 6. Third Square: 4, 7, 1, 8, 6, 3.

L Z Q X C E M E V L U M S P N V L M M V U L Q Y
 H T F L Y L F W Y V A G L V W A S Y D G I A N Y
 S Z X Y Y B G T H N F T R O U S S E R T S C R M
 S S J T X A F L K E P J N T S G N I V A S I O Y
 O G J I Z I W H V V R N I E D P Q A G O Y S N D
 D I T L Z L A K J E G R Y F M K K I U Z E Y B P
 P Z C I J E G K E D I L C Y I R I L S B E H H R
 S P H B U R E T K P R P O X N N A I L V G P X A
 W R U I C Q N Z S P Q P P S O U A T H R H B X Y
 I E R S Q U E C X B W Y I X G G S N C S J C A F
 M S C N L C D V B D U A N H I Y S S C Q I I K S
 M C H O F R M L E I G F G O P M E W V I M E C D
 I R V P F Y V B S N K K S A M V N E J C A T A E
 N I B S F U T I I W A I R Q H M L L E L B L B C
 G P N E M F C K I M N E N W S J L G Q G N S E N
 T T L R R N O R W Q H L X G D L E N L G J O V A
 P I T E A M X V P T O E Z V Y T W I P Y O C I L
 K O E M S E N E I G Y H W D L T V K B S C I G A
 S N P O Q S E I T I V I T C A G S L M L M A A B
 V S N V L A N O I T O M E M K L M A Z A S L Y Y
 L A N O I T A P U C C O B L A F V W Y O K R B Q
 B O I H R K I N T E L L E C T U A L Q G H E H T
 K J K L E S I C R E X E H H Y D R A T E H D R Y
 A L X Y H T L A E H G N I T A E K Q C A Q I O U

Prescriptions
 Financial
 Spiritual
 Church
 Eating Healthy
 Physical
 Therapy
 Yoga
 Responsibility
 Wellness
 No Smoking
 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

mM

YOUR MONTHLY MOTTO:

"Better health through better living"

 **24/7 Wellness**

My Monthly Goals:

- 1 _____
- 2 _____
- 3 _____
- 4 _____

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

5 Canada Movement Guidelines.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|---|---|---|
| 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 |
| Try to get some morning outdoor exercises done. | Avoid negative talk. | Relax your mind, do some meditation. | 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. |
| <input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/> |
| 09 | 10 | ● | 11 | 12 | 13 | 14 |
| Have you finished a monthly goal yet? | 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? |
| <i>Mother's Day</i> | <input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/> |
| 16 | 17 | ● | 18 | 19 | 20 | 21 |
| Embrace who you are. We are all different and that is OKAY! | Try to 'be' in the moment. (ex. <i>Feel the sun on your skin, notice the air you breathe</i>) | Send a positive message to someone. | Finish a monthly goal. | Appreciate what we often take for granted. (ex. <i>Running water, electricity</i>) | Watch a new movie genre. | Take a camping trip. |
| <input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/> |
| 23 | 24 | ● | 25 | 26 | 27 | 28 |
| Have a BBQ. | Avoid watching TV all 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. |
| <i>Victoria Day</i> | <input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/> |
| 30 | 31 | 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. | | | | |
| <input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> mM <input type="checkbox"/> <input type="checkbox"/> | | | | | |



WELLNESS CALENDAR

f [Facebook@Systems247](#)

in [Linkedin@Systems 24-7](#)

ig [Instagram@Dunk247](#)

 **SYSTEMS24-7**

MM

YOUR MONTHLY MOTTO:

"Feel Well. Be Well"

24/7 Wellness

My Monthly Goals:

- _____
- _____
- _____
- _____

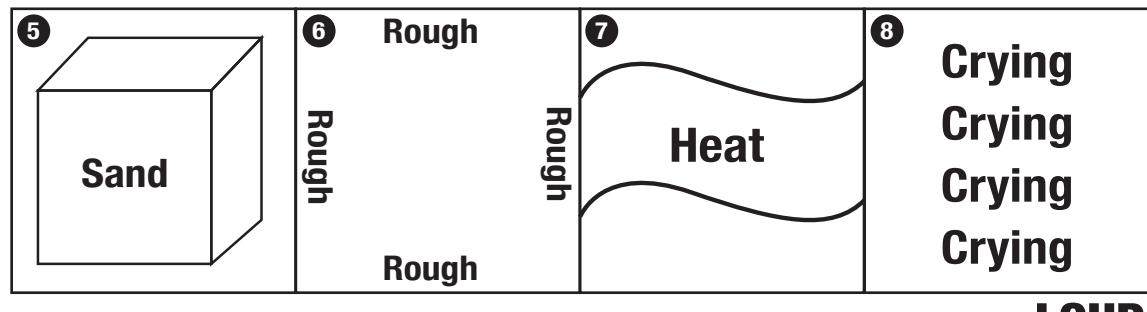
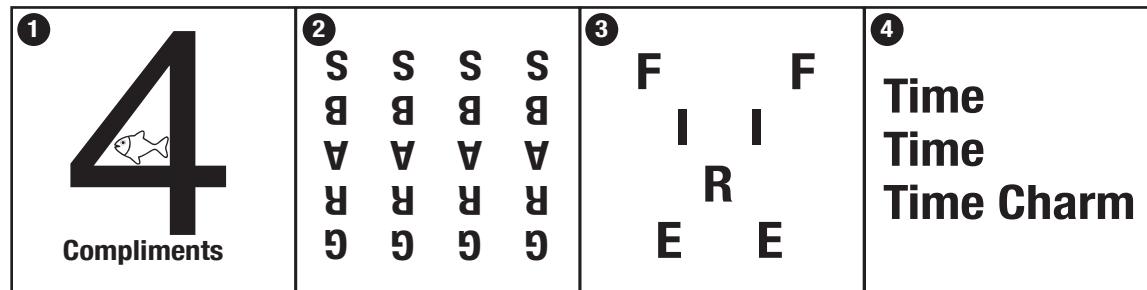
5 Strive for 150 minutes of exercise per week! This is according to the Canada Movement Guidelines.



WELLNESS CALENDAR

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

SYSTEMS24-7



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

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|--|---|---|---|---|--|--|--|
| | | Write out your monthly goals. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 01 National Running Day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 02 Take a scenic running trail. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 03 Try a new recipe for dinner tonight. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 04 It's Friday! Smile! <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | |
| 06 | 07 Make sure to have sunscreen on when out in the sun. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 08 Get yourself some flowers. Sweet fragrances are soothing. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 09 Take a 5 minute stretch break. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 10 Add lemon in your water to help boost your energy. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 11 Create an uplifting playlist. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 12 Sometimes all it takes is a new outfit to feel great. Go buy yourself something new. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | |
| 13 | 14 Eat a healthy breakfast. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 15 Walk a Monday mile. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 16 Wear your favourite colour today. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 17 Eat your water. (Ex. Watermelon, Celery, Cucumber, Ice-burg Lettuce) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 18 When was the last time you organized your workspace? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 19 Celebrate your successes. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | |
| 20 Father's Day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 21 Repeat the monthly motto 3 times. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 22 Give someone a nice compliment. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 23 National Indigenous Peoples Day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 24 National Hydration Day <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 25 Breathe. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 26 You've worked hard, treat yourself to something sweet. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | |
| 27 | 28 Cook a meal from scratch. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 29 Finish all your monthly goals. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 30 Be proud of who you are. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 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. | | | |

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

7. Heat wave. 8. For crying out loud.

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.

- BEEN TO THE CAPILANO SUSPENSION BRIDGE
- DRANK A BLOODY CAESAR
- BEEN TO THE BUTCHART GARDENS
- SEEN A MOOSE
- SEEN THE NIAGARA FALLS
- 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

- BARBECUED IN THE WINTER/SNOW
- GONE TO THE EXHIBITION (CNE)
- BEEN TO A BLUE JAYS GAME
- ENDED A SENTENCE WITH "EH!"
- SLEPT IN A TENT
- SEEN THE ATLANTIC
- PLAYED HOCKEY ON A FROZEN POND
- BEEN TO THE CALGARY STAMPEDE
- EATEN A BEAVERTAIL
- SEEN A CANADA GOOSE
- TASTED REAL MAPLE SYRUP
- PADDLED A CANOE/KAYAK
- SEEN THE ROCKIES
- BEEN TO OTTAWA
- DID A ROAD TRIP THROUGH CANADA
- BEEN TO VANCOUVER ISLAND

- BEEN TO STANLEY PARK
- BEEN TO NOVA SCOTIA
- BEEN TO OLD QUEBEC
- HAD TIM HORTONS
- BEEN TO WHISTLER
- GONE SKIING/SNOW BOARDING
- SEEN THE BAY OF FUNDY
- SUNG THE ANTHEM IN ENGLISH AND FRENCH
- GONE SNOW SHOEING
- SEEN A BEAR
- BEEN ICE FISHING
- VISITED A NATIONAL PARK
- SAID "SORRY" FOR NO REASON
- EATEN A POUTINE

TOTAL: _____

Allow your mind to get some rest after a long day at work with this month's Canada Day inspired 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 |
|--|--|---|---|---|---|---|
| <p>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.</p> | | | | | | |
| 04 Unplug. Try to go the whole day without checking your devices. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 05 Start your day off with a hearty breakfast. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 06 Express gratitude, tell someone you are thankful for them. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 07 Support a local ice cream shop. <i>National Strawberry Sundae Day</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 01 Celebrate Canada. Safety first when using fireworks. <i>Canada Day</i> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 02 Write out your monthly goals. <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 03 Try barbecuing some zucchini and eggplant. <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 11 Help a friend with their wellness journey and share some tips you've learned. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 12 Start a new hobby. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 13 Remember we all make mistakes. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 14 Journal. Write it out to clear your mind. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 15 Draw something. It can increase your creativity while relieving stress. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 08 Have you finished a goal yet? <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 09 Plan your snacks wisely. Nuts and fruits can be prepared in advanced. <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 18 Check expire dates on condiments in your fridge. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 19 Laugh. Big belly laughs. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 20 Stop comparing your life to others. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 21 Get ready everyday. Look good, feel good. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 22 Enjoy the little things. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 23 Create positive change. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 10 Exercise in the pool today. <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 25 Walk around the block and enjoy all the pretty flowers. <i>National Parent's Day</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 26 Instead of three big meals. Eat more mini meals throughout the day. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 27 There are teas to help with anything. Find which will work best for you. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 28 Remove distractions. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 29 Finish your monthly goals. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 30 Watch the sunset. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 31 Get it done early to have the rest of your day free. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |

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

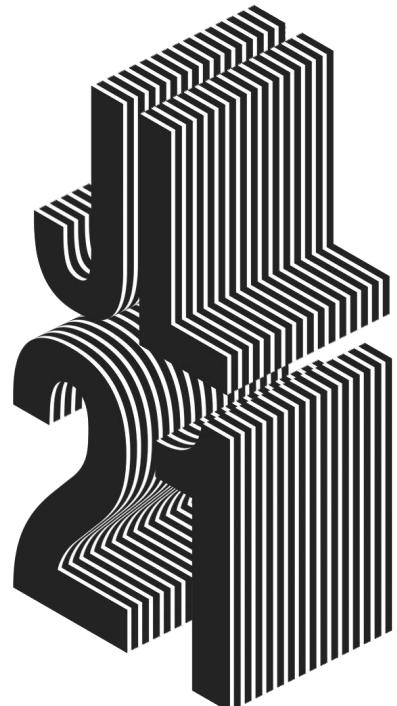


My Monthly Goals:

- 1 _____
- 2 _____
- 3 _____
- 4 _____

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

5 _____



WELLNESS CALENDAR

f [Facebook@Systems247](#)
in [Linkedin@Systems 24-7](#)
Instagram [Instagram@Dunk247](#)



MM

YOUR MONTHLY MOTTO:

"Always see the glass as half full."

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.

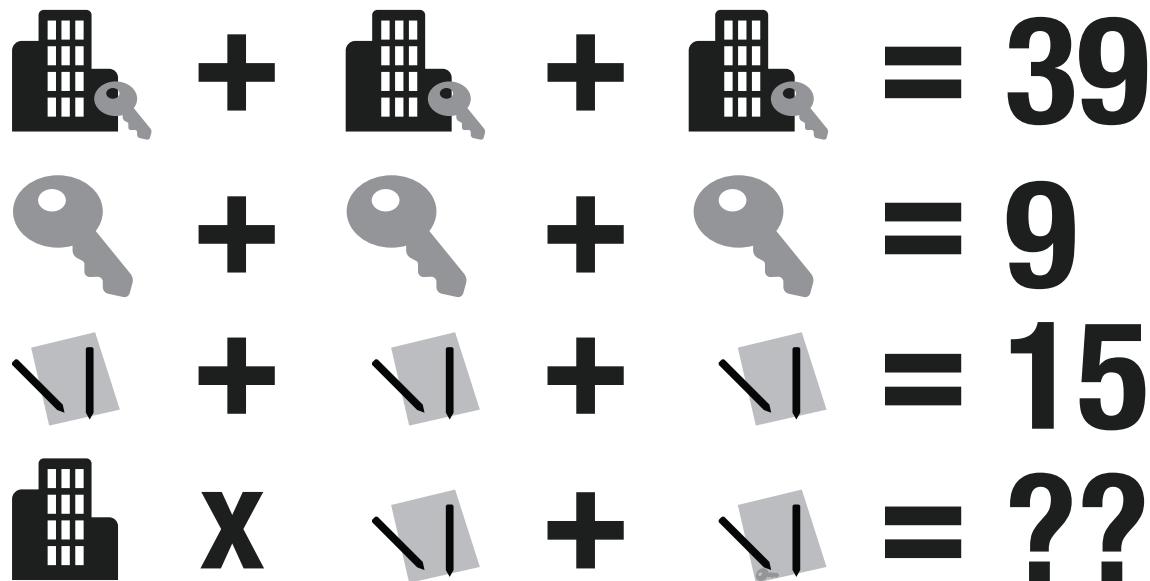


WELLNESS CALENDAR

Facebook@Systems247
 LinkedIn@Systems 24-7
 Instagram@Dunk247



CAN YOU SOLVE THIS EQUATION?



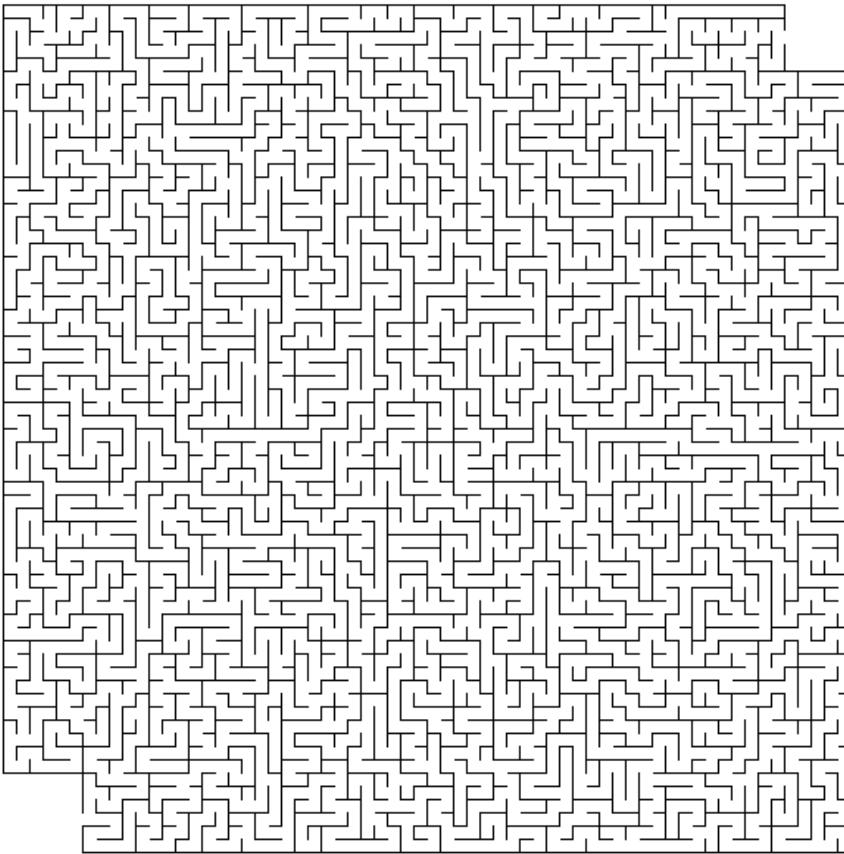
Answer: _____

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 Reconnect with an old friend. <small>National Friendship Day</small> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 02 Try a fun outdoor game to play. (Ex. Cornhole or ladder golf) <small>Civic Holiday</small> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 03 Write down your monthly goals. | 04 Drive with the windows down and smell the fresh air. | 05 Go for a bike ride. Don't have one? Find a rent a bike to try. | 06 Everyone loves fresh fruits and vegetables. So why not plant your own garden? | 07 Try doing 10 jumping jacks 3 times throughout the day. |
| ● 08 Join/create a community Facebook group. | 09 Tried of sitting? Set an alarm on your phone to get up every hour and move around. | 10 Try to have all the colours of the rainbow on your plate. | 11 Give yourself a pat on the back for all your hard work. | 12 Have you completed a goal yet? | 13 Focus on the positive. | 14 Lend a hand or call to check in with friends and family. |
| ○ 15 Be thankful for what you have; you'll end up having more. | 16 Tell your favourite joke. <small>National Tell a Joke Day</small> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 17 Treat yourself to your favourite restaurant. Even if it's takeout. | 18 Remember, positive thoughts generate positive feelings. | 19 Re-watch your favourite movie. | 20 Finish a monthly goal. | 21 Stop eating 2 hours before bed for a better night's sleep. |
| ○ 22 Plan your meals for the week. It will help you more than you think. | 23 Reminder to book that dentist appointment you are putting off. | 24 Do some calf raises while making dinner or doing the dishes. | 25 Tidy up your workspace. | 26 Finish all your monthly goals. | 27 Cut caffeine, that includes sodas, chocolates and other sources all day. | 28 Take a short nap. |
| 29 Go to bed early. Get a good full night sleep for Monday. | 30 S'mores day, share your favourite s'mores combo. <small>National Toasted Marshmallow Day</small> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 31 Stretch when you wake up. | <p>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.</p> | | | |

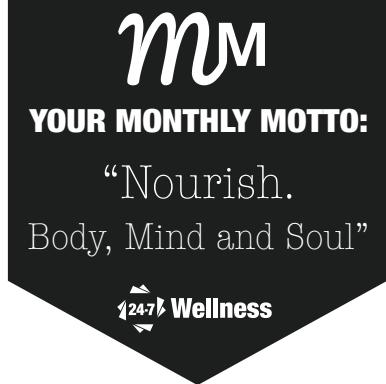
● 1st Quarter ○ Full Moon ● 3rd Quarter ● New Moon



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 (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. | 01 Write out your monthly goals. <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 02 Doodle. <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 03 Donate/volunteer at your local food bank. <i>National Food Bank Day</i> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 04 Light a candle with your favourite sent. (Remember safety first) <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | | |
| 05 Save time in the morning and plan your outfit before bed. <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 06 Start a gratitude journal. <i>Labour Day</i> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 07 Walk outside and get some vitamin D. <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 08 Get a houseplant. <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 09 Accomplish the first task of the day and make your bed. <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 10 Plan your snacks wisely. Nuts and fruits can be prepared in advanced. <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 11 Wash away the day with a skincare routine. <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 12 Face on of your fears. <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 13 Improve your sleep by keeping your phone outside the bedroom at night. <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 14 Have you finished a goal yet? <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 15 Learn one new thing today. <i>National Online Learning Day</i> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 16 Create a vision board. Places to go, things to see, people that inspire you, etc. <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 17 Start an emergency fund. <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 18 Participate in a day class or follow a YouTube video. <i>National Dance Day</i> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 19 Visit a local shop. <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 20 Take 10 minutes to breathe deeply. <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 21 Play a board game. <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 22 Look through old photos and enjoy all the memories. <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 23 Finish a monthly goal. <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 24 Listen to a new podcast or audio book. <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 25 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"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 26 Treat yourself with a freshly made baked good you did yourself. <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 27 Make some quiet time. <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 28 Try some bicep curls. If you don't have weights use some water jugs. <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 29 Finish your monthly goals. <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 30 Cuddle up with a furry friend. <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | | |



My Monthly Goals:

- 1 _____
- 2 _____
- 3 _____
- 4 _____

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

5 Canada Movement Guidelines.



WELLNESS CALENDAR

f [Facebook@Systems247](#)

in [Linkedin@Systems 24-7](#)

ig [Instagram@Dunk247](#)



mm

YOUR MONTHLY MOTTO:

“Just Breathe”

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.



CREATE YOUR OWN VAMPIRE

Draw the face and colour.



WELLNESS CALENDAR

f Facebook@Systems247

in LinkedIn@Systems 24-7

@ Instagram@Dunk247

 **SYSTEMS24-7**

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|--|--|--|--|--|--|---|--|
| 01 Allow your mind to get some rest after a long day at work with this month's Halloween 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 | 02 Improve your body language. <i>National Body Language Day</i> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 03 Try foods from different cultures. <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 04 Wake up early to see the sunrise. <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 05 Try using coconut oil instead of butter for a healthy alternative. <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 06 Drink water when you get up to help activate your internal organs. <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 07 Do some fall decorating. <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | |
| 08 Do Yoga to improve balance, flexibility, strength and tranquility. <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 09 Do something that makes you happy. <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 10 Get rid of negative relationships. <i>World Mental Health Day</i> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 11 Relax and enjoy the holiday. <i>Thanksgiving Day</i> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 12 Dispose of any expired medications at an approved collection site. <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 13 Cancel subscriptions you aren't using anymore. <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 14 Avoid drinking sugary drinks today. <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | |
| 15 Get a massage. <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 16 Take a hike to see all the changing leaves of fall. <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 17 Get creative and do a craft. <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 18 Finish a monthly goal. <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 19 Stop taking on other people's problems. <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 20 Go through your closet and donate any winter clothes you aren't going to wear this year. <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 21 Repeat the monthly motto 3 times. <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | |
| 22 Spend time with your pets. <i>National Make a Difference Day</i> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 23 Smile at a stranger, it could help change their day. <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 24 Video chat with friends and family. <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 25 Meatless Monday. Try Walnuts, rich in protein and a great meat substitute. <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 26 Re-shift your focus to enjoyable things in life. <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 27 Rediscover an old hobby. <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 28 Drink water 30 minutes before a meal to help digestion. <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | |
| 29 Get at least 30 minutes of cardio. <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 30 Finish your monthly goals. <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 31 Try making your Halloween costume. <i>Halloween</i> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 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 Scramble

ISETFSN _____
 SLCIPHYA IATCVYIT _____
 IARXANTOLE _____
 EHLHTA _____
 KANGLWI _____
 SLWESELN _____
 EAHHYLT NIGETA _____
 OMAITNDEI _____
 OTAG _____
 XESIRCEE _____

RUOTIITNN _____
 ETTRGHSN _____
 ELSPE _____
 ITILIELBFYX _____
 VMTIANIOT _____
 SLGAO _____
 EAHLTH _____
 TLMNEA NEWLSELS _____
 RTHBAEE _____
 VLIE LEWL _____

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 Write out your monthly goals. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 02 Don't make cleaning leaves a chore. Play in them like when you were a child. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 03 Book an appointment to get your winter tires on. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 04 ● Make some homemade soup. Freeze extra for a chilly day. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 05 Who doesn't love a doughnut day? Treat yourself. <i>National Doughnut Day</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 06 Eat 5 servings of fruit and vegetables. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 07 Take advantage of the nice weather and get outside. <i>National Play Outside Day</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 08 Check in on a neighbour to see how they are doing. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 09 Have you completed a goal yet? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 10 ● Give yourself a compliment. <i>Remembrance Day</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 11 ● Give yourself a break today. Mentally, physically and/or emotionally. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 12 You are doing a great job. <i>World Kindness Day</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 13 Do a random act of kindness today. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 14 Who are your role models and what qualities do you share with them? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 15 Make a spending budget. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 16 Add 1000 extra steps in today. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 17 Find a new hiking trail. (Weather permitting) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 18 ● Get a goal setting buddy. Help each other accomplish your goals. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 19 ● Take time and listen. Sometimes that's all someone needs. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 20 Set an alarm every hour to drink water. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 21 Stock up on healthy snacks. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 22 Try a new warm beverage to enjoy this winter. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 23 During commercial breaks do some jumping jacks. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 24 Find a new book to read. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 25 Put on music instead of the TV. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 26 Take a selfie and say one thing you love about it. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 27 ● Donate something you've never used. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 28 Visit a local small business. <i>Small Business Saturday</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 29 Finish your monthly goals. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 30 Park the furthest away from your destination. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <p>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.</p> | | | |

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

Answers: Left: Fitness, Strength, Sleep, Flexibility, Motivation, Goals, Health, Mental Wellness, Breathing, Live Well
Right: Nutrition, Strength, Sleep, Flexibility, Motivation, Goals, Health, Mental Wellness, Breathing, Live Well



My Monthly Goals:

- _____
- _____
- _____
- _____
- _____

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



WELLNESS CALENDAR

f [Facebook@Systems247](#)
in [Linkedin@Systems 24-7](#)
ig [Instagram@Dunk247](#)



MM

YOUR MONTHLY MOTTO:

“Enjoy the little things”

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.



WELLNESS CALENDAR

f Facebook@Systems247

in LinkedIn@Systems 24-7

@ Instagram@Dunk247

 SYSTEMS24-7



Happy Holidays 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

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|---|---|---|
| 01 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. | 02 Donate some canned goods or winter coats to a shelter. <i>National Day of Giving</i> <input type="checkbox"/> <input checked="" type="checkbox"/> MM   | 03 Write your monthly goals. <input type="checkbox"/> <input checked="" type="checkbox"/> MM   | 04 It's never to late or too early to build a healthier you. <input type="checkbox"/> <input checked="" type="checkbox"/> MM   | | | |
| 05 The holiday season is always a rush. Remember to slow down. <input type="checkbox"/> <input checked="" type="checkbox"/> MM   | 06 Practice portion control. <input type="checkbox"/> <input checked="" type="checkbox"/> MM   | 07 Take quiet time for yourself. <input type="checkbox"/> <input checked="" type="checkbox"/> MM   | 08 Take vitamins. Not sure what to take? Book an apt. with your Doctor to find out. <input type="checkbox"/> <input checked="" type="checkbox"/> MM   | 09 Have you completed a goal yet? <input type="checkbox"/> <input checked="" type="checkbox"/> MM   | 10 Change your furnace filter if you haven't already. <input type="checkbox"/> <input checked="" type="checkbox"/> MM   | 11 Build a snowman. <i>Anniversary of the Statute of Westminster</i> <input type="checkbox"/> <input checked="" type="checkbox"/> MM   |
| 12 Treat yourself like you would treat others. <input type="checkbox"/> <input checked="" type="checkbox"/> MM   | 13 Live in the present. <input type="checkbox"/> <input checked="" type="checkbox"/> MM   | 14 Baked some holiday cookies. <input type="checkbox"/> <input checked="" type="checkbox"/> MM   | 15 Don't compare yourself. <input type="checkbox"/> <input checked="" type="checkbox"/> MM   | 16 Need some stress relief? Try adding Strawberry, Pineapple and Basil to your water. <i>National Maple Syrup Day</i> <input type="checkbox"/> <input checked="" type="checkbox"/> MM   | 17 Treat yourself to your favourite maple syrup treat. <i>National Ugly Christmas Sweater Day</i> <input type="checkbox"/> <input checked="" type="checkbox"/> MM   | 18 Put on your favourite ugly holiday sweater. <i>National Ugly Christmas Sweater Day</i> <input type="checkbox"/> <input checked="" type="checkbox"/> MM   |
| 19 Pack protein snacks for those busy days. <input type="checkbox"/> <input checked="" type="checkbox"/> MM   | 20 Go on a winter wonder walk. <input type="checkbox"/> <input checked="" type="checkbox"/> MM   | 21 Go sledding. <input type="checkbox"/> <input checked="" type="checkbox"/> MM   | 22 Take a deep breath. <input type="checkbox"/> <input checked="" type="checkbox"/> MM   | 23 Be kind to yourself. <input type="checkbox"/> <input checked="" type="checkbox"/> MM   | 24 Make a holiday stove-top popery. (Remember safety first) <i>Christmas Eve</i> <input type="checkbox"/> <input checked="" type="checkbox"/> MM   | 25 Practice gratitude. <i>Christmas Day</i> <input type="checkbox"/> <input checked="" type="checkbox"/> MM   |
| 26 It's okay to sleep in if you want to. <i>Boxing Day</i> <input type="checkbox"/> <input checked="" type="checkbox"/> MM   | 27 A calm mind brings inner strength and self-confidence. <input type="checkbox"/> <input checked="" type="checkbox"/> MM   | 28 Don't use electronics 1 hour before bed. <input type="checkbox"/> <input checked="" type="checkbox"/> MM   | 29 Like our monthly activity? Try getting an adult colouring book. <input type="checkbox"/> <input checked="" type="checkbox"/> MM   | 30 Finish all your monthly goals. <input type="checkbox"/> <input checked="" type="checkbox"/> MM   | 31 You worked hard this year. Celebrate a job well done. <i>New Year's Eve</i> <input type="checkbox"/> <input checked="" type="checkbox"/> MM   | |